100% CANADIAN SINCE 1982 • ISSUE 224 • MARCH 2010 • FREE

GET THE BIG PICTURE

Common Ground

Brain Branding
in the age of persuasion

Fight HST
Bill Vander Zalm

Compassionate Healthcare
Patient centred design

International Women's Day
Monday March 8th

Illusion vs. presence
Eckhart Tolle

SNATAM KAUR

sacred chant concert

with GURUGANESHA SINGH

IN CONCERT

Sunday
April 4

7:30 pm

Centennial Theatre

2300 Lonsdale Avenue

Tickets: $35 advance / $45 door + GST

Local Tickets: Yoga West **2662 W. 4th Ave., 604-732-9642**

Banyen Books **3608 W. 4th Ave., 604-737-8858**

online: **www.SpiritVoyage.com/Snatam**

Children's Yoga Adventure: yoga, meditation, songs and mantras for children

Sunday, April 4 3-3:45pm

Centennial Theatre **$10 + GST**

SNATAM KAUR SOUND & MANTRA WORKSHOP

Monday, April 5 7-9pm Yoga West **$40 adv / $50 door**

For more information contact Yoga West

604•732•9642 (YOGA) • www.yogawest.ca • 2662 West 4th Ave.

RAJ YOG NIVAS

YOGA WEST

Spirit Voyage

What Matters to You?

Earth Matters' new line of concentrated laundry detergents and household cleaners leave your clothes, home and conscience clean!

Always!

- Free from animal ingredients, fragrances, enzymes, dyes, optical brighteners, SLS, APEO, DEA, phosphates and other harsh chemicals.
- Derived from natural plant-source Ingredients
- Septic and Gray Water Safe
- Biodegradable, Hypoallergenic, Non-Toxic
- Not tested on mammals

Earth Matters

Call 1-800-265-7245 for details or visit www.earthmatterstous.com

The Joy of Renewed Health

Wild Mediterranean Oregano
100% Certified Organic

Wild Crafted "Origanum Minutiflorum"
All Natural, Non - Standardized
Diluted 1:3 in Olive Oil
75% - 85% Carvacrol

alive AWARD OF EXCELLENCE 2008 GOLD

joyofthemountains.com 1•866•547•0268

Common Ground

www.commonground.ca

Publisher & Senior Editor - Joseph Roberts
Managing Editor - Sonya Weir
Advertising Sales - Joanne Fleming
Design & Production - Peter Sircom Bromley

Contributors:
Robert Alstead, Steve Anderson, Maya Angelou, Alan Cassels, Guy Dauncey, Adrien Dilon, Alan di Perna, Carolyn Herriot, Vesanto Melina, Geoff Olson, Gwen Randall-Young, Joseph Roberts, David Suzuki, Eckhart Tolle, Bill Vander Zalm

Sales - Head office 604-733-2215
toll-free 1-800-365-8897

Contact Common Ground:
Phone: **604-733-2215**
Fax: 604-733-4415
Advertising: joanne@commonground.ca
Editorial: editor@commonground.ca

Common Ground Publishing Corp.
204-4381 Fraser St.
Vancouver, BC V5V 4G4 Canada

100% owned and operated by Canadians.
Published 12 times a year in Canada.

Publications Mail Agreement No. 40011171
Return undeliverable Canadian addresses to
Circulation Dept. 204-4381 Fraser St.
Vancouver, BC V5V 4G4
ISSN No. 0824-0698

Copies printed: 70,000
Over 250,000 readers per issue
Survey shows 3 to 4 readers/copy.

Annual subscription is $60 (US$50) for one year (12 issues). Single issues are $6 (specify issue #). Payable by cheque, Visa, MasterCard, Interac or money order.

Printed on recycled paper with vegetable inks.All contents copyrighted. Written permission from the publisher is required to reproduce, quote, reprint, or copy any material from Common Ground. Opinions and views expressed in the articles do not necessarily reflect those of the publishers or advertisers. Common Ground Publishing Corp. neither endorses nor assumes any liability for any and all products or services advertised or within editorial content. Furthermore, health-related content is not intended as medical advice and in no way excludes the necessity of an opinion from a health professional. Advertisers are solely responsible for their claims.

Image: Anke Van Wyk Design: J.R. & P.S.B.

FEATURES

Words of wisdom 4
Maya Angelou

Reforming primary health care 6
Alan Cassels

Calcium - important at any age 9

International Women's Day 12

Your brain and brand loyalty 16
Geoff Olson

The Olympics and climate change 19
David Suzuki

Fight HST with Bill Vander Zalm 20
Joseph Roberts

Chant enchantress Snatam Kaur in Vancouver 29
Alan di Perna

IN EVERY ISSUE

CULTURE

Is Canada a mobile laggard? 30
INDEPENDENT MEDIA Steve Anderson

Tough coming of age stories 31
FILMS WORTH WATCHING Robert Alstead

ENVIRONMENT

Solar incentive 18
EARTHFUTURE Guy Dauncey

Nature's bottom line 19
SCIENCE MATTERS David Suzuki with Faisal Moola

HEALTH

Carcinogens and cooking 11
NUTRISPEAK Vesanto Melina

ORGANICS

Pots of Potatoes 22
ON THE GARDEN PATH Carolyn Herriot

SPIRITUALITY

Thought creates reality 13
UNIVERSE WITHIN Gwen Randall-Young

The illusory self 14
A NEW EARTH Eckhart Tolle

RESOURCE DIRECTORY 23
DATEBOOK 32
CLASSIFIED 33
ON TRACK ZODIAC 34

Words of wisdom

WRITING ON THE WALL *Maya Angelou*

LIFE LESSONS: I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. Each of us has that right, that possibility, to invent ourselves daily. If a person does not invent herself, she will be invented. So, to be bodacious enough to invent ourselves is wise. I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back.

Dwight Carter photo

Love life: Love life, engage in it, give it all you've got. Love it with a passion because life truly does give back, many times over, what you put into it. You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats so you can know who you are, what you can rise from, how you can still come out of it.

Forgiving yourself: I don't know if I continue, even today, always liking myself. But what I learned to do many years ago was to forgive myself. It is very important for every human being to forgive herself or himself because if you live, you will make mistakes – it is inevitable. But once you do and you see the mistake, then you forgive yourself and say, "Well, if I'd known better, I'd have done better." That's all. So you say to people who you think you may have injured, "I'm sorry" and then you say to yourself, "I'm sorry." If we all hold on to the mistake, we can't see our own glory in the mirror because we have the mistake between our faces and the mirror; we can't see what we're capable of being.

Don't complain: If you don't like something, change it. If you can't change it, change your attitude. Don't complain. If you have only one smile in you, give it to the people you love. Don't be surly at home then go out in the street and start grinning "Good morning" at total strangers. *http://mayaangelou.com/*

The Chakra Lounge
Yoga · Ayurveda · Wellness

Upper floor, Dream Designs West Van store, 1502 Marine Drive, West Vancouver

Registration required for all workshop and classes
Call to register 604.922.8325

March 2010

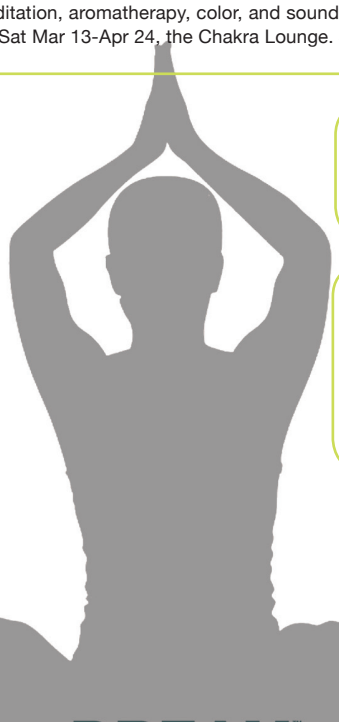
Chakra Awakening

A month long celebration of Yoga, Ayurveda, and wellness

Discover Ayurveda With Vaidya Mandeep Singh, MD in Ayurveda. Presentation and group discussion. Dating back 5,000 years, Ayurveda examines physical, emotional and spiritual constitution in relation to the universe. Learn how to apply it to live a healthier more balanced life. 2-4 PM Sat Mar 20, the Chakra Lounge. $15.

Chakra Workshop Series with Loretta Dugaro, Yoga instructor and Reiki practitioner. Chakras are the gateways to our physical, emotional, and spiritual wellbeing. In this 7 workshop series, Loretta will take a multi disciplinary approach to balance the seven main Chakras through Yoga asanas, pranayama, guided meditation, aromatherapy, color, and sound therapy. Limit:10 participants. 4:30-6 PM Sat Mar 13-Apr 24, the Chakra Lounge. $25/workshop, $159/series.

Introduction to Meditation
with Sarah Hea, Transcendental Meditation (TM) teacher. From the ancient Vedic tradition, now practiced worldwide by over 5 million people, TM is a simple, natural, and effortless meditation technique and the only one with scientifically proven benefits. Not a religion, philosophy, or lifestyle, learn for yourself if it's right for you. Q&A included. 2-4 PM Sat Mar 27, the Chakra Lounge. Free.



New Arrival
Books, CDs, props, and more. All Dream Designs locations

Yogi's Special
Present your teacher certificate or current studio membership card and get 10% off all regular priced items at any Dream Designs locations.
Until Mar 31 10

Chakra Lounge Promo
Get 20% off regular yoga class and treatments at the Chakra Lounge when you spend $100 at any Dream Designs locations. Until Mar 31, 2010

Props on Sale
Up to 40% off
Available at all Dream Designs locations.
Until Mar 31, 2010

DREAM™ DESIGNS
Stylish natural living since 1981

Dream Designs store locations:
956 Commercial Drive, Vancouver Tel 604.254.5012
Lynn Valley Village, North Vancouver 604.929.3318
1502 Marine Drive, West Vancouver 604.922.8325
www.dreamdesigns.ca

Buy organic for guaranteed goodness

BC organic food is purely natural – grown without artificial chemicals, hormones or genetically modified or engineered organisms (GMOs). It is grown by farmers who care about the health of land, air, water, animals, wildlife and people. BC-certified organic farmers are committed to maintaining these standards, and have the verification to show they uphold their commitment.

www.certifiedorganic.bc.ca British Columbia Certified Organic

International College of Traditional Chinese Medicine of Vancouver

A Rewarding Career in Natural Health Care

Over 20 years of excellence in TCM Education

Diploma programs:

Doctor of TCM
Licensed TCMP
Licensed Acupuncturist
Licensed TCM Herbalist

1 Year Certificate Programs:

Chinese Tui-Na Massage and Reflexology

Accredited by PCTIA

Very high passing rates in CTCMA Board Exams.

Classes Start
April 2010

Eligible for HRSDC Funding and Student Loans

We accept transfer credits

CLINIC OPEN TO PUBLIC
Busy Teaching Clinic
Free consultation
Very Low Cost on Treatments

Professional Clinic
Dr. Henry Lu Ph.D.
Dr. Laina Ho DTCM

We treat pain, gynecological disorders, allergies, arthritis, depression, other chronic conditions and much more.

FREE info sessions on programs
Thursdays 2 - 4 pm
March 11 & 25, 2010

Call 604-731-2926
info@tcmcollege.com
www.tcmcollege.com

201-1508 W. Broadway
Vancouver, BC. V6J 1W8
SOLE Campus in Vancouver, no other locations.

NORWEGIAN GOLD
FISH OILS
THE BEST FISH OILS ON THE PLANET
NORWEGIAN GOLD
ULTIMATE FISH OILS
SUPER CRITICAL OMEGA
Contains 1000 IU Vitamin D
3 Times More Absorbable
Added Lipase For Better Utilization
'Burp Free' Formulations
Clean & Sustainable Sources
SUPER CRITICAL OMEGA This formulation is the strongest, most concentrated fish oils supplement on the market delivering over 1 gram of Omega 3 fatty acids per capsule. It is formulated for everyday supplementation and extremely useful for cardiovascular issues and cholesterol problems due to its high EPA fatty acid content. Norwegian Gold Super Critical Omega also contains 1000 units of Vitamin D per capsule!
Win!
Find the golden fish
AND WIN A NORWEGIAN CRUISE LINES
TRIP FOR 2
SEE IN-STORE FOR DETAILS
for more information visit our website
www.renewlife.ca
$3.00 Off
Receive $3 Off
your next purchase of
ANY* Norwegian Gold Product
Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to:
Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7
* Limit one coupon per purchase. Coupon expires March 31st, 2010. Coupon Code: 0310CG

Reforming primary care

The right place, the right healthcare for the right patient

DRUG BUST *Alan Cassels*

HEALTH

No one can spend a lot of time studying pharmaceutical policy without collecting a lot of stories about the behaviour of physicians and patients. When you look at both sides of the prescription pad, the human element is both interesting and important, especially since the only real way to improve the interaction is to address both parties' fundamental needs.

If you hang around health policy wonks, you'll often hear a repeated demand for "primary care" reform, a clichéd battle cry that typically elicits not much more than a puzzled "huh?" from the general public.

And that's a shame because whether you like it or not we all have a deep stake in the quality of public health, with primary care at the central, pointy end of the medical system in Canada. It is called "primary care" because it's the very first place you go when you've got a medical problem. For most of us, it's either our doctor's office or a walk-in clinic, though many people take side routes on the road to medical care – consulting a pharmacist, a naturopath or even their mothers or spouses for medical advice. Still, synonymous with free "primary care" is a face-to-face visit with the doctor.

I've often found that when you get both doctors and patients talking about primary care, the adrenaline rises, strong opinions emerge and sometimes battle lines are drawn.

From patients: "Yah, right, see a doctor? I can't even get a family doctor." Or "My doctor rushes me out the door." Or "My doctor's a pusher and keeps giving me scripts I don't want."

From doctors: "Sorry, I'm not accepting any new patients right now." Or "Patients are too difficult and have too many problems at once." Or "Too often, patients demand prescriptions even when they don't need them."

Both sides of the equation are somewhat right. The doctors are overloaded; they may want a slower pace and there is unrelenting pressure to hurry the patient along so as to make a decent living. In our so-called "fee-for-service" system, the doctor gives you a service and the government pays her a fee. That's how the system works. Patients in this situation often find themselves with a prescription – used to seal the deal – even if they don't want one. Some patients feel they haven't really justified their visit unless they leave with a prescription so they ask for one. So important and symbolic is the prescription pad that it's come to symbolize what medical care is all about.

Changing primary care is a very thorny issue, but instead of blaming doctors or patients for exhibiting intolerance or scorn for the other's point of view, the pragmatist in me asks, "What is it about the system – not the personalities – that needs to be fixed?

Many people studying primary care reform have concluded that our fee driven, pharmaceutically dominated office visit leaves patients grumpy, complaining of the lack of quality time with the one person they think can help them, and physicians exhausted and drowning in paperwork. Some claim that to reform primary care the first thing you have to do is blow up the current "fee-for-service," rationalizing that if you pay doctors to run people through the assembly line, why would they do any different? Some say that, as soon as you start putting physicians on salary, their productivity will drop through the floor and they'll see fewer patients, making it even harder for people to get a doctor.

So what to do? First, let's blast the physician shortage issue out of the water. With only one route into the medical system – through your doctor's office – the perception is that there are not enough doctors, when, in reality, there aren't enough venues for primary care for medical people who are not doctors. Must all required medical services be threaded through the needle of the doctor's office? Of course not. And certainly not when you've got a lot of other healthcare professionals who could do complementary care, such as nurse practitioners, nurse educators, counsellors, acupuncturists, home support workers and pharmacists, for example.

Under the fee-for-service model, we pay physicians for volume. So what do we get? Lots of volume. Busywork. Unnecessary visits. And unnecessary drugs.

Many physicians, including my own, can cram a quality visit into 10 minutes, but then again, I may be the poster child for the "uncomplicated patient." What about the elderly gentleman who has

asthma, hypertension and trouble with his bladder? Or the frail woman who lives on her own, getting frailer by the day? What physician can adequately treat people who have multiple illnesses and complex, deteriorating states of health?

Care for the elderly probably represents the pinnacle of why we need to reform primary care. Some enterprising docs have been able to think outside the box (and practise outside of it) including Dr. John Sloan, a Vancouver physician who spent nearly two decades practising medicine out of his car, delivering primary care through home visits, mostly to the elderly and the frail. He recently published a superb book on the care of the elderly entitled *A Bitter Pill*. Drawn from a keen and thoughtful and curious eye, Dr. Sloan has put his profession's "First do no harm" credo into practice in a society which unnecessarily puts old people into trouble (mostly due to drugs) and fails when it comes to keeping the elderly in their own homes, comfortable and safe.

His prescription for reforming primary care constitutes designing a medical system that treats the elderly with care, but not with a lot of largely unnecessary pharmaceuticals. His prescription also includes applying guidelines for their care based on common sense and avoids unnecessary hospitalizations and complications.

While Dr. Sloan says that most of the prescribing in the elderly is in an "evidence free zone," I would add that a whole lot of prescribing in the younger population is not exactly scientific or justifiable either. And much of it is highly wasteful and the fee-for-service system doesn't exactly help matters. It often fails those who don't need to actually see a doctor – they might need some quality time with a pharmacist to explain their medications to them or with a nurse who might be able to change dressings or an acupuncturist to help them with their pain or massage therapist who can improve their circulation.

The medical orthodoxy claims society can't afford salaried physicians and the desire to include non-doctor practitioners under the umbrella of publicly subsidized primary care is a non-starter. I'd agree with the need to control the size of the tent if the current fee-for-service system wasn't so needlessly inefficient and didn't leave so many patients and doctors unhappy.

One of the best ideas out there is not necessarily to put doctors on salary, but to encourage doctors to work in teams, in a community care model. One evangelist of the community care model is Dr. Mark Sherman, a local visionary who is the energy behind a new, non-profit cooperative health centre starting up in Victoria. He wants people in his community to have access to a physician, as well as to a whole range of alternative practitioners in a model that is self-sustaining and accessible to all.

He is not your average run of the mill physician. For example, when talking about the role of the prescription pad, he says he'll often use them to write "lifestyle scripts." He told me, "I will write cognitive behavioural exercises down or sleep hygiene suggestions or diet therapy or exercise prescriptions. Sometimes, I will include a herb or supplement if needed and affordable."

As he says, "Our medical culture has given the prescription pad a lot of power. My philosophy is why not use this power to improve how healthcare is delivered?"

Dr. Sherman recently wrote to his fellow doctors in BC asking them to be part of the Victoria Community Health Co-operative, explaining that health co-ops serve over 100 million people worldwide and have proven to be "effective, sustainable community owned models of healthcare services."

If the model of primary care of the future is integration that allows a focus on health education and promotion and disease avoidance, how will we afford it? Well, it can actually be a lot cheaper than the current model, if done correctly. By cutting waste and capitalizing on savings from avoided hospital visits and prescription drugs, you create the space to include many kinds of integrative healthcare.

Having peered into primary care from the view of the prescription pad, I think that most Canadians don't realize how appallingly poor their pharmaceutically-oriented care actually is and that Canadians are among the most over-medicated, overprescribed and costly users of pharmaceuticals in the world.

We Canadians will spend more than $30 billion this year on drugs, an amount that has doubled in the last eight years. In Canada, nearly two-thirds of physician visits end in a prescription, a new drug, a refill or a free sample of a drug and more than 85 percent of our physicians see drug sales representatives on a regular basis. It doesn't have to be this way where the power of the prescription pad is required to complete the visit and send patients on their way.

Your encounter with the medical system doesn't have to start with a physician and it doesn't have to end with a trip to the pharmacy. There are better ways that can satisfy both doctors and patients. It can start in our own communities with consumers demanding change.

Alan Cassels is a drug policy researcher at the University of Victoria. The Victoria Community Health Cooperative is looking to hire a few more physicians in the next few months. For more information, please contact Dr. Mark Sherman at communityhealthcoop@gmail.com

Which
Cleanse
is Right For
You?
✓ Increase Energy
✓ Eliminate Toxins
✓ Reduce Toxic Load
Canada's #1 Cleansing Company
FIRST CLEANSE
First Cleanse is a 15 day cleansing program designed for the first time or 'sensitive' cleanser. This gentle, easy to use cleanse is perfect to start the cleansing and detoxification process.
* If you are currently constipated please use CleanseSMART
CLEANSESMART
CleanseSMART is an advanced 30 day total body cleansing program that works to cleanse and detoxify all 7 of the body's channels of elimination. For a thorough and complete cleanse, CleanseSMART is the right choice!
RAPID CLEANSE
Only have 7 days? Rapid Cleanse is the one for you. This program also helps to cleanse and detoxify the whole body, but not as thoroughly as CleanseSMART due to its 7 day duration.
for more information visit our website
www.renewlife.ca
Receive $2.00 OFF
your purchase of ANY* Renew Life Product
*Individual Organic Fibre Bars, FitSMART Bars & DigestMORE 20 caps Excluded
Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to:
Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7
Limit one coupon per purchase. Coupon expires March 31st, 2010. Coupon Code: 0310CG

Actual laboratory at New Roots Herbal

240 hours of testing and research every week
Our full-time laboratory is staffed with 1 PhD, 3 MSc and 2 BSc

We put in the hours in our lab to help take the worry out of your prostate health.

Just because our ingredients are all-natural doesn't mean we ignore the benefits science can bring to our formulas.

In fact, the New Roots Herbal staff of highly trained scientists spends countless hours performing tests such as High Performance Liquid Chromatography to ensure you get the most effective products possible.

Why choose PROSTATE PERFORM

- Offers a natural solution for better prostate health in 3–7 days
- Helps stop the urgency, the low volume, the frequency and the strain of urination, and getting up during the night
- Reduces the enzyme 5-alpha reductase 2, which plays a key role in the enlargement of the prostate gland by decreasing testosterone levels while increasing the levels of DHT (dihydrotesterone — a dangerous and potent form of testosterone)
- Discover the formula that works

newrootsherbal.com
Prevention & Cure

Calcium: important at every age

The foods we eat contain a variety of vitamins, minerals and other important nutrients that help keep our bodies healthy. Calcium is needed for our heart, muscles and nerves to function properly and for blood to clot. Inadequate calcium significantly contributes to the development of osteoporosis. Many published studies show that low calcium intake throughout life is associated with low bone mass and high fracture rates. National nutrition surveys have shown that most people are not getting the calcium they need to grow and maintain healthy bones. To find out how much calcium you need, see the Recommended Calcium Intakes (in milligrams) chart in the sidebar.

To learn how easily you can include more calcium in your diet without adding much fat, see the Selected Calcium-Rich Foods list below:

Selected calcium-rich foods

Food	Calcium (mg)
• Fortified oatmeal, 1 packet	350
• Sardines, canned in oil, with edible bones, 3 oz.	324
• Cheddar cheese, 1½ oz. shredded	306
• Milk, nonfat, 1 cup	302
• Milkshake, 1 cup	300
• Yogurt, plain, low-fat, 1 cup	300
• Soybeans, cooked, 1 cup	261
• Tofu, firm, with calcium, ½ cup	204
• Orange juice, fortified with calcium, 6 oz.	(varies) 200–260
• Salmon, canned, with edible bones, 3 oz.	181
• Pudding, instant (chocolate, banana, etc.) made with 2% milk, ½ cup	153
• Baked beans, 1 cup	142
• Cottage cheese, 1% milk fat, 1 cup	138
• Spaghetti, lasagna, 1 cup	125
• Frozen yogurt, vanilla, soft-serve, ½ cup	103
• Ready-to-eat cereal, fortified with calcium, 1 cup	(varies) 100–1,000
• Cheese pizza, 1 slice	100
• Fortified waffles, 2	100
• Turnip greens, boiled, ½ cup	99
• Broccoli, raw, 1 cup	90
• Ice cream, vanilla, ½ cup	85
• Soy or rice milk, fortified with calcium, 1 cup	(varies) 80–500

Source: The 2004 Surgeon General's Report on Bone Health and Osteoporosis: What It Means to You. *U.S. Department of Health and Human Services, Office of the Surgeon General, 2004, pages 12–13.*

Calcium culprits

Although a balanced diet aids calcium absorption, high levels of protein and sodium (salt) in the diet are thought to increase calcium excretion through the kidneys. Excessive amounts of these substances should be avoided, especially in those with low calcium intake. Lactose intolerance can also lead to inadequate calcium intake. Those who are lactose intolerant have insufficient amounts of the enzyme lactase, which is needed to break down the lactose found in dairy products. To include dairy products in the diet, dairy foods can be taken in small quantities or treated with lactase drops, or lactase can be taken as a pill. Some milk products on the market already have been treated with lactase.

Calcium supplements

If you have trouble getting enough calcium in your diet, you may need to take a calcium supplement. The amount of calcium you will need from a supplement depends on how much calcium you obtain from food sources.

There are several different calcium compounds from which to choose, such as calcium carbonate and calcium citrate, among others. Except in people with gastrointestinal disease, major forms of calcium supplements are absorbed well when taken with food. Calcium supplements are better absorbed when taken several times throughout the day.

From National Institutes of Health (www.nih.gov)

Recommended calcium intakes

Age	Calcium (mg)
Infants	
Birth to 6 months	210
6 months to 1 year	270
Children/Young Adults	
1 to 3 years	500
4 to 8 years	800
9 to 18 years	1,300
Adult Women & Men	
19 to 50 years	1,000
50 years and older	1,200
Pregnant or Lactating	
18 years or younger	1,300
19 to 50 years	1,000

Source: National Academy of Sciences, 1997.

Actual laboratory at New Roots Herbal

240 hours of testing and research every week

Our full-time laboratory is staffed with 1 PhD, 3 MSc and 2 BSc

Not surprisingly, we believe there is a science to maintaining healthy bones.

With a renowned lab and staff of highly trained professionals, our dedication to creating the highest quality products possible is quite simply second to none.

That's why we didn't hesitate to invest in Inductively Coupled Plasma Optical Emission Spectrometry to ensure the quality of our microcrystalline hydroxiapatite – the most absorbable type of calcium available.

Why choose STRONG BONES

- Offers the most readily absorbable type of calcium available to enhance your bones in the production of red cells for oxygen transport and white cells to fight disease
- Helps reverse osteoporosis by accelerating the growth of bone-forming cells (osteoblasts), which results in healthy new bone mass
- Provides the same calcium found in humans that strengthens and maintains teeth, nourishes all joint tissues and reduces the risk of osteoporosis

newrootsherbal.com

Prevention & Cure

WHOLE BODY MRI HEALTH SCREENING

Do you know anyone concerned about Cancer, Tumors or any other diseases? Having 'Peace of Mind' can make all the difference, especially when it involves ones Health. At **AIM**, you can Walk In with Referral, Walk Out with Report!

WHY WAIT?!

AIM FOR EXCELLENCE

CANCER • TUMORS • STROKE • ANEURYSM
MULTIPLE SCLEROSIS • BRAIN MASSES
METASTASIS • SPINE DEGENERATION
DISC HERNIATION • MUSCULOSKELETAL • PELVIS
HEAD • ABDOMEN • NECK • CHEST • JOINTS

aim MEDICAL IMAGING
MRI CENTRE

1371 West Broadway
Vancouver, BC
604.733.4007
1.877.482.5859

aimmedicalimaging.com

open 7 days a week • evening & weekend appts available
complimentary underground parking

Quick-fix Chronic Pain and Hard-to-cure Ailments

• Using **Body Troubleshooting** — a first-in-Canada naturopathic treatment done by Mr. **Brighton Gao** (a sophisticated Chinese naturopath), which helps identify and treat the **exact** roots or triggers of a problem, and activate self-healing system working towards a cure.

• Targeting **Bad Quality Of Motion, Paralysis, Frozen Shoulder; Tennis / Golf Elbow, Lower-back Pain, Sciatica; Arthritis, Chronic Fatigue Syndromes**, and some stubborn symptoms or ailments with uncertain diagnosis or without effective solutions. See website for more.

www. **Handy Health Centre** .com
#180 - 422 Richards St. (@ Hastings St.), Vancouver, BC V6B 2Z4
604-608-8786 Monday ~ Saturday 11am ~ 9pm (through holidays)

The Nomadic Vet HOUSE CALL SERVICE

A HOUSE CALL PRACTICE FOR PETS FOCUSING ON BALANCED HEALTH CARE.
The Nomadic Vet focuses on balancing Traditional and Holistic Medicines; provides counselling on nutrition, raw food diets, disease prevention and immunizations; and offers Homeopathic Consultations. Best of all, it's in the comfort of your home!

Dr. Rehanni Khaseipoul has over15 years of Veterinary clinical experience, including a holistic clinic in North Vancouver.

Visit nomadicvet.com for more information or call for an appointment.

778-231-9155

Nature's Amazing Healer

100% Natural Health Foods 20 years experience

A clear **LIQUID EXTRACT** in a capsule that begins to flush your internal organs by the next day. See the toxic discharge (chemicals, oxygen free radicals, harmful metals) with your own eyes.

Cleansing your blood, organs & skin…your whole body. Increasing immunity, raising T-cell counts in AIDS patients. A healthier life for all, including patients suffering from all forms of cancer, immunity disorders, chronic diseases (liver, skin, blood, prostate, constipation, fatigue, stamina, diabetes, and any other Health problems).

Albert Shin, Health Consultant, BSc., TCM
22091-26th Ave, Langley • 778-278-4588 • Mon-Fri, 10am-5pm
FREE DELIVERY • FREE CONSULTATION

Natural Nutrition Diploma Program

Teaching the Medicine of the Future®

CSNN's holistic approach to natural nutrition provides progressive, hands-on education geared towards achieving optimal health and a lasting career.

csnn

Canadian School of Natural Nutrition
100 - 2245 W. Broadway, Vancouver, BC, V6K 2E4
tel: (604) 730-5611 email: van@csnn.ca
www.csnn.ca

PCTIA ACCREDITED

Carcinogens and cooking

NUTRISPEAK Vesanto Melina MS, RD

HAVE YOU ever thought of going mainly or entirely raw? You'd likely shed a few pounds. And that's not all. Some of our favourite tastes are linked to by-products of cooking that are bad, bad, bad for us. When food is cooked, especially at high temperatures, by-products can form that pose a threat to health. Among the most notorious are heterocyclic amines (HCAs), polycyclic aromatic hydrocarbons (PAHs), advanced glycation end-products (AGEs) and acrylamide. Let's see what's cooking.

Heterocyclic amines

HCAs are chemicals created when meat, poultry, fish and eggs are subjected to grilling, frying or barbequing. High temperatures and longer cooking generate more of these compounds. Indirect heat methods, such as stewing, steaming or poaching, produce far fewer HCAs. Roasting produces intermediate amounts. Does cooking vegetables produce these chemicals? No, because the formation of HCAs involves the condensation of creatinine (found exclusively in muscle tissue) with amino acids (the building blocks of protein). In 2005, HCAs were officially added to the NIH's (National Institutes of Health) list of cancer-causing agents. HCAs increase our risk of developing a variety of cancers, including colorectal, stomach, pancreatic and breast cancers.

Polycyclic aromatic hydrocarbons

PAHs are chemicals formed by the incomplete burning of carbon-containing substances in food or fat heated above 392 degrees F (200 degrees C). PAHs are present in grilled or charred meat and in poultry and fish, especially where fat drips onto the heat source, such as a barbecue and fumes rise or fat spatters back onto the food. PAHs can also form in toasted grains and in anything fried in oils. Like HCAs, PAHs are known to be mutagenic (they damage DNA). Lung, skin and genitourinary cancers are linked to PAH intake.

Advanced glycoxidation end-products

AGEs are harmful end-products created when food is heated to high temperatures and also when fat is oxidized. Foods most concentrated in AGEs are broiled, grilled and fried meats. AGEs also arise when cola ingredients, coffee, caramel and baked goods are browned at temperatures of 310 degrees F (155 degrees C) or higher. Browned, caramelized foods appeal to our tastes and the food industry purposely uses the Maillard (browning) reaction to sell products. There is considerable evidence that AGEs impair immune system function, accelerate aging and contribute to the progression of diabetes, cardiovascular disease, stroke, kidney disease, eye diseases, nerve diseases and Alzheimer's disease.

Acrylamide

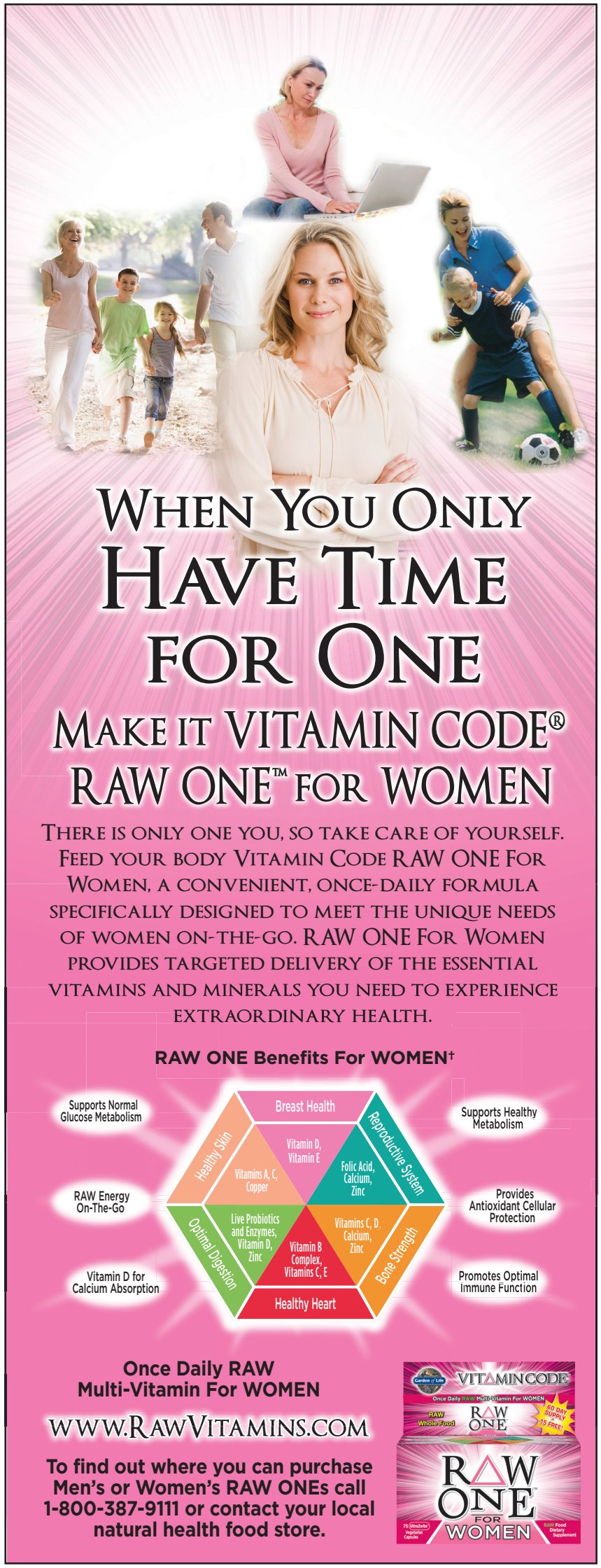
In 2002, Swedish researchers discovered that a compound known as acrylamide forms when certain high carbohydrate foods are subjected to temperatures of 248 degrees F (120 degrees C) or higher, especially for a longer period of time. Canadian scientists learned that acrylamide most frequently develops when the amino acid asparagine reacts with naturally occurring sugars such as glucose. This occurs during the later stages of baking, roasting or frying when foods start to dry out a little and the surface temperature rises. The most concentrated food sources of acrylamide are potato chips, other baked or fried salty snacks and French fries, as potatoes are particularly high in asparagine.

Other food sources of acrylamide include crackers, crisp breads, pretzels, breads (especially toasted), cold cereals that have been toasted and other foods processed at high temperatures, such as coffee and cocoa. Acrylamide was evaluated by the International Agency for Research on Cancer and classified as "probably carcinogenic to humans." In 2002, the European Commission's Scientific Committee on Food (SCF) recommended that dietary acrylamide levels be reduced.

Vesanto Melina is a local dietitian and author. To learn more about the why's and how's of raw and high-raw diets, see the very new Becoming Raw *(by B. Davis and V. Melina, 2010) and the* Raw Food Revolution Diet. *For personal consultations, call 604-882-6782 or visit www.nutrispeak.com*

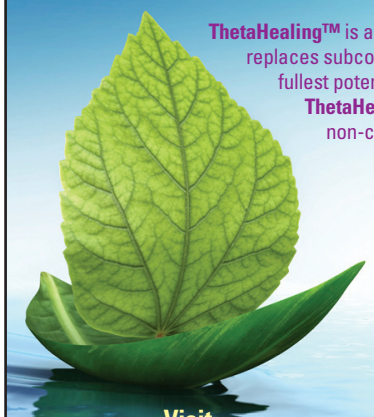
Carcinogen-free cooking

1. Keep your intakes of HCAs, PAHs, AGEs and acrylamide as low as possible.
2. Sell or give away your barbecue.
3. When cooking, boil or steam foods because temperatures reach only the temperature of boiling water, (100° C).
4. Allow raw plant foods to occupy more and more space on your plate.


When You Only Have Time for One
Make it Vitamin Code® RAW One™ for Women
There is only one you, so take care of yourself. Feed your body Vitamin Code RAW One For Women, a convenient, once-daily formula specifically designed to meet the unique needs of women on-the-go. RAW One For Women provides targeted delivery of the essential vitamins and minerals you need to experience extraordinary health.
RAW ONE Benefits For WOMEN†
Supports Normal Glucose Metabolism
RAW Energy On-The-Go
Vitamin D for Calcium Absorption
Supports Healthy Metabolism
Provides Antioxidant Cellular Protection
Promotes Optimal Immune Function
Breast Health
Reproductive System
Bone Strength
Healthy Heart
Optimal Digestion
Healthy Skin
Vitamin D, Vitamin E
Folic Acid, Calcium, Zinc
Vitamins C, D, Calcium, Zinc
Vitamin B Complex, Vitamins C, E
Live Probiotics and Enzymes, Vitamin D, Zinc
Vitamins A, C, Copper
Once Daily RAW Multi-Vitamin For WOMEN
www.RawVitamins.com
To find out where you can purchase Men's or Women's RAW ONEs call 1-800-387-9111 or contact your local natural health food store.
VITAMIN CODE
RAW ONE
FOR WOMEN

CREATE ATTAINABLE MIRACLES IN YOUR LIFE

Choose to learn, grow, master your life, and create your own destiny.



ThetaHealing™ is a powerful healing technique that quickly reveals and replaces subconscious beliefs that hold us back from reaching our fullest potential, our most optimal health, and our deepest joy. **ThetaHealing** is compatible with all other conventional and non-conventional treatments. Anyone can learn to use it.

- BASIC DNA THETAHEALING™ CLASS
- ADVANCED DNA THETAHEALING™ CLASS
- MANIFESTING AND ABUNDANCE CLASS

"If there is only one energy-technique that you learn, this one…will change your life forever. The technique is so simple it is perfect. It does not demand anything from you…in ThetaHealing™ you will learn that nothing is impossible if you dare to believe." – Nini Guerard, Acupuncturist

"There is a force in the universe, which, if we permit it, will flow through us and provide miraculous results." – Ghandi

Visit
www.iteachthetahealing.com
or call 604-715-0739
for course dates and locations.

GREENTHUMB HEALING 'where people grow'

CENTRE FOR SPIRITUAL LIVING

There is no greater encouragement in this life than the self-evident Truth that there dwells in each of us the opportunity to explore, know and become the Extraordinary.

Please join us in March for our four week series
"The Four Gifts of Starting Over"
with Eric O'del, RScP

SUNDAY SERVICES
Meditation 10:15am
Service 11:00am
1880 Triumph Street
Vancouver
604-321-1225
www.cslvancouver.com

Sunday Services with an enlightening and meaningful message, music that will stir your soul and a spiritual community that is truly "Uniting the World in Love"

We have moved!

Visit us at our
new location at the
Maritime Labour Centre
1880 Triumph St, 3 blocks north of
Hastings & just west of Victoria Dr.
• plenty of free parking

LIVING AN EXTRAORDINARY LIFE

Equal rights
equal opportunities
Progress
for all

International Women's Day

Rally & conference scheduled for Vancouver

The "UNiTE to End Violence against Women" campaign that I launched last year is galvanizing action across the United Nations system. It calls for all countries to put in place, by the year 2015, strong laws, multi-sectoral action plans, preventive measures, data collection, and systematic efforts to address sexual violence in conflict situations. I invite governments, organizations and individuals to join us in this campaign. I have also just launched a Network of Men Leaders to strengthen our advocacy.

– Secretary-General Ban Ki-moon's message on the International Day for the Elimination of Violence Against Women, November 25, 2009

EVENTS

Women's Voices at the Table
Saturday, March 6
Free, everyone welcome.

Rally: 12 Noon - 1pm,
Vancouver Art Gallery, North Plaza (West Georgia)

Conference: 1:30-5pm,
Vancouver Public Library, Alice McKay Room, 350 West Georgia

Toronto & Calgary events:
www.internationalwomensday.com

MEMBERS OF a variety of organizations including Oxfam Canada, Amnesty International, the We Can Coalition, unions and local women's organizations have teamed up to celebrate International Women's Day with a rally and conference called "Women's Voices at the Table." The "at the table" concept is part of a broadly-based Canadian and global civil society campaign to mobilize women to be heard and to declare our right to be "at the table" with leaders at the G8/20 meetings taking place in Canada this June.

The half-day kicks off with a noon rally at the Vancouver Art Gallery where participants will be treated to live musical performances and messages of solidarity from both local and international women speakers. The conference follows at 1:30pm in the Alice McKay Room of the Vancouver Public Library. Conference attendees will discuss a wide variety of issues related to women's rights and gender equality, culminating in proposals that local women want heeded when Canadian leaders meet with their world counterparts at the G/8 and G/20. "We have made great strides towards gender equality here in Canada," say conference organizers, "but there are needs yet to be met, so women want our voices heard at the table when important issues that impact us are discussed."

Topics to be addressed at the conference include access to justice, labour rights, indigenous women and climate change and food security, among others.

Thought creates reality

UNIVERSE WITHIN Gwen Randall-Young

SPIRITUALITY

If you awaken your soul, you will change. – Gabrielle Roth

HOW OFTEN do we become angry or frustrated with others or the world because things do not go the way we want? This can be an occasional reaction when our favourite team loses, the car breaks down the day we have an important meeting or a friend cancels at the last minute.

Sometimes, however, it seems to be a lifelong pattern. Perhaps emotional needs were not met in childhood and there seems to be a void. This void can become like a black hole that draws into it more and more of the same feelings. Some people may feel their parents were not there for them and they might often be disappointed by friends and frequently let down by a partner.

Sometimes, individuals in this situation become people pleasers, feeling that if they do a lot for others, more will come back to them. They may empathize with others and nurture them, but with the expectation that the other person will 'be there' in return to meet their own needs on demand. Often, a life of drama ensues and a victim persona develops; the individual moves farther and farther away from what he/she really wants, and, in fact, creates the opposite.

Let's look at what is really going on here. We have talked about the ego aspect of our being and we understand it is the more primitive part of us that thinks primarily of itself. It sees things only from its own perspective, rarely seeing, understanding or validating the perspective of another. It wants its needs met and becomes frustrated or angry when they are not. Ego may even turn on itself, generating feelings of worthlessness and self-judgment or criticism, based on the fact that others did not conform to its expectations. It creates polarity thinking, seeing things in terms of good guy/bad guy. Ego is always, of course, the good guy, which automatically makes the other person bad.

Ego develops in childhood. It is a basic program that comes already "installed" and for a long time it is the default program. Ideally, as we evolve in consciousness, we continually 'upgrade' our program.

Higher consciousness, or what I think of as soul, is also pre-installed, but we have to learn how to access it and run it. Once we know what it is, we have to *choose* to run it. Ego will still try to keep running in the background, but we use our powers of conscious choice to bypass it.

If we do not, or cannot, make this choice, ego remains the default program. This means that the ego perceptions of the past are brought into the present. Life events are viewed through the prism of past ego interpretations and are refracted into aspects of past conditioning and beliefs.

Further, this 'distorted' view is also used to predict the future so one reacts to present life circumstances as if they are continuations of old, negative dramas. Further, the future, which is clear, open and filled with multiple possible outcomes, instead becomes contaminated with ego predictions. The old ego ideas are projected onto the future and so *that is what is created.*

Higher consciousness, or what I think of as soul, is also pre-installed, but we have to learn how to access it and run it.

We need to recognize the tremendous power of our thoughts. It is our thoughts that create our reality. Do we want the limited, primitive, unevolved ego to be creating our reality? If so, life will be characterized by anxiety, conflict, stress, troubled relationships, dissatisfaction, depression, anger, communication problems, negativity, criticism and judgment of self and others.

However, when we allow our higher consciousness, or soul essence, to guide our thoughts and actions, we choose a life characterized by a balanced mood, healthy communication, positive relationships, self-validation, understanding, compassion, acceptance and a relaxed approach to life.

What differentiates us from other species is our ability to consciously choose. If our lives are not the way we would like them to be, rather than blaming others for our circumstances and replaying the same old 'movie,' we need to create a new script. But this time, we are the sole producer and director.

Gwen Randall-Young is an author and psychotherapist. For articles and information about her books and CDs, visit www.gwen.ca See display ad this issue.

RETREATS
for HEALING & AWAKENING

Discover the power of spiritual inquiry for conscious living
through inspiring and transformative teachings in
a spectacular 32 acre ocean-front setting near Victoria, B.C.
Also available for **group rentals** & individual retreats.

REGISTER NOW FOR THE NEW '**JOY OF BEING**' RETREAT
(April 23-25) with **ECKHART TOLLE** on DVD

swanwick@shaw.ca 250-744-3354 www.swanwickcentre.ca

Longing for a Better World?

www.TaraCanada.org
March 29
April 28
May 26
7 pm @ SPEC
2150 Maple

Knowingly or not, we each seek unity, purpose and truth; we are dissatisfied and demand change for the better, in ourselves and in the world. Many now register this need for change because we have reached a momentous time in humanity's history:

Maitreya, the World Teacher has stepped forward.

Seen by millions on both TV and the internet, Maitreya has given His first interview on American television. He spoke earnestly of the need for peace, achievable only through the creation of justice and sharing of the world's resources. ***His open mission has begun.*** As teacher and guide, He seeks to inspire us to create a better world. ***What can we expect next?***

Join us for a free video presentation, discussion, and group meditation.

sponsored by Tara Canada – donations gratefully accepted

Best Place Immigration

- Professional advice on all immigration categories
- Authorized personal representation to Immigration Canada
- All application preparation and appeals

Ron Liberman
Member, Canadian Society of Immigration Consultants
Immigration Services 778-373-4928
For a free assessment visit: www.bestplace.ca

Sufi Meditation Center

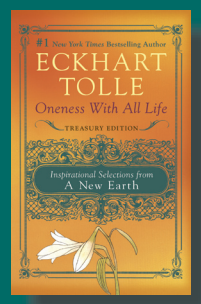
Learn to Whirl
Enjoy a Delightful Sufi Meal

Every Friday Evening 7:30pm
Alan Emmott Centre
6650 Southoaks Crescent
Burnaby (near Metrotown)
Sacred Chanting
Drumming Circle
Energy Healing

ALL FREE

(604) 980-7007
www.sufimeditationcenter.com

#1 *New York Times* bestselling author Eckhart Tolle highlights the most inspiring and beautiful insights of *A New Earth*



A profoundly spiritual manifesto for a better way of life—and for building a better world.

Are you ready to be awakened?

Plume
A member of Penguin Group (Canada)
www.penguin.com

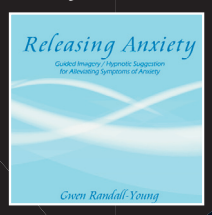
Deep Powerful Change!

CDs for Relaxation and Transformation

Gwen Randall-Young Registered Psychologist

Featured CD: Releasing Anxiety

www.gwen.ca



Self Help CDs/MP3s

Hypnosis for Weight Loss
Restful Sleep
Releasing Anxiety
Positive Thinking
Healing Depression
Communication in Relationships NEW!
Conflict Resolution NEW!
When Relationships Break Down NEW!
~ 50 Titles Available!

NEW! Relationship Series!
Visit www.gwen.ca

Hypnosis CDs Available At:

Vancouver	Odin Books
	Banyen Books & Sound
Victoria	Instinct Art & Gifts
Coquitlam	Reflections Books
Nelson	Otter Books
Terrace, BC	Branwyn's Closet
Calgary	Community Natural Foods
	Nurture Health & Wellness
Edmonton & Area	Ascendant Books
	Optimum Health (Sherwood Park)

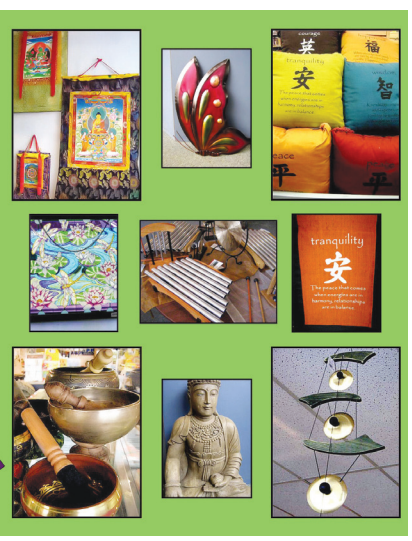
Contact us for a free brochure — Wholesale Orders Welcome

Toll Free 1-888-242-4936 www.gwen.ca

Mind Body Spirit

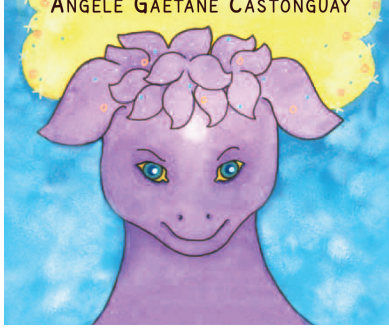
Ascendant Books Ltd.
Serving Alberta's metaphysical needs for over 25 years!
10310 - 124 Street, Edmonton, Alberta
780-452-5372 www.ascendantbooks.com

CREATE YOUR SACRED SPACE



LITTLE DRAGON'S BIG IDEAS!

a book by
ANGÈLE GAÉTANE CASTONGUAY



Discover the INNER LIGHT !

Meditation can start at a very young age. This book supports parents who want to include meditation as a natural daily practice in their home. It's a perfect Christmas gift for children. Different and lonely, Dragon cries his very last tear. Suddenly, Silence gives way to a sweet melody and a bright light appears right in front of him…

Quietness and stillness are quite often the cornerstone of our spiritual practices, and that is just what Dragon discovers!

Contact the author for signing events:
angelecastonguay@live.ca
778-371-4921

The illusory self

A NEW EARTH Eckhart Tolle

SPIRITUALITY

THE WORD "I" embodies the greatest error and the deepest truth, depending on how it is used. In conventional usage, it is not only one of the most frequently used words in the language (together with the related words: "me," "my," "mine" and "myself"), but also one of the most misleading.

In normal, everyday usage, "I" embodies the primordial error, a misperception of who you are, an illusory sense of identity. This is the ego. This illusory sense of self is what Albert Einstein, who had deep insights not only into the reality of space and time but also into human nature, referred to as "an optical illusion of consciousness." That illusory self then becomes the basis for all further interpretations, or rather misinterpretations, of reality, all thought processes, interactions and relationships. Your reality becomes a reflection of the original illusion.

At that moment of detachment from my mind, I laughed out loud. It may have sounded insane, but it was the laughter of sanity, the laughter of the big-bellied Buddha. "Life isn't as serious as my mind makes it out to be."

The good news is if you can recognize illusion as illusion, it dissolves. The recognition of illusion is also its ending. Its survival depends on your mistaking it for reality. In the seeing of who you are not, the reality of who you are emerges by itself… So what is the nature of this illusory self?

What you usually refer to when you say "I" is not who you are. By a monstrous act of reductionism, the infinite depth of who you are is confused with a sound produced by the vocal cords or the thought of "I" in your mind and whatever the "I" has identified with. So what do the usual "I" and the related "me," "my" or "mine" refer to?

When a young child learns that a sequence of sounds produced by the parents' vocal cords is his or her name, the child begins to equate a word, which in the mind becomes a thought, with whom he or she is. At that stage, some children refer to themselves in the third person. "Johnny is hungry." Soon after, they learn the magic word "I" and equate it with their name, which they have already equated with who they are. Then other thoughts come and merge with the original I-thought. The next step are thoughts of me and mine to designate things that are somehow part of "I." This is identification with objects, which means investing things, but ultimately thoughts that represent things, with a sense of self, thereby deriving an identity from them. When "my" toy breaks or is taken away, intense suffering arises. Not because of any intrinsic value that the toy has – the child will soon lose interest in it and it will be replaced by other toys, other objects – but because of the thought of "mine." The toy became part of the child's developing sense of self, of "I."

And so as the child grows up, the original I-thought attracts other thoughts to itself; it becomes identified with a gender, possessions, the sense-perceived body, a nationality, race, religion, profession. Other things the "I" identifies with are roles – mother, father, husband, wife, and so on – accumulated knowledge or opinions, likes and dislikes and also things that happened to "me" in the past, the memory of which are thoughts that further define my sense of self as "me and my story." These are only some of the things people derive their sense of identity from. They are ultimately no more than thoughts held together precariously by the fact that they are all invested with a sense of self.

This mental construct is what you normally refer to when you say "I." To be more precise, most of the time it is not you who speaks when you say or think "I" but some aspect of that mental construct, the egoic self. Once you awaken, you still use the word "I," but it will come from a much deeper place within yourself.

Most people are still completely identified with the incessant stream of mind, of compulsive thinking, most of it repetitive and pointless. There is no "I" apart from their thought processes and the emotions that go with them. This is the meaning of being spiritually unconscious. When told that there is a voice in their head that never stops speak-

ing, they say, "What voice?" or angrily deny it, which of course is the voice, the thinker, the unobserved mind. It could almost be looked upon as an entity that has taken possession of them.

Some people never forget the first time they disidentified from their thoughts and thus briefly experienced the shift in identity from being the content of their mind to being the awareness in the background. For others, it happens in such a subtle way they hardly notice it or they just notice an influx of joy or inner peace without knowing the reason.

The voice in the head

That first glimpse of awareness came to me when I was a first-year student at the University of London. I would take the tube (subway) twice a week to go to the university library, usually around nine o'clock in the morning, toward the end of the rush hour. One time, a woman in her early thirties sat opposite me. I had seen her before a few times on that train. One could not help but notice her. Although the train was full, the seats on either side of her were unoccupied, the reason being, no doubt, that she appeared to be quite insane. She looked extremely tense and talked to herself incessantly in a loud and angry voice. She was so absorbed in her thoughts that she was totally unaware, it seemed, of other people or her surroundings. Her head was facing downward and slightly to the left, as if she were addressing someone sitting in the empty seat next to her. Although I don't remember the precise content, her monologue went something like this: "And then she said to me ... so I said to her you are a liar how dare you accuse me of ... when you are the one who has always taken advantage of me. I trusted you and you betrayed my trust. ..." There was the angry tone in her voice of someone who has been wronged, who needs to defend her position lest she become annihilated.

© Louislewis | Dreamstime.com

As the train approached Tottenham Court Road Station, she stood up and walked toward the door with still no break in the stream of words coming out of her mouth. That was my stop too so I got off behind her. At street level, she began to walk toward Bedford Square, still engaged in her imaginary dialogue, still angrily accusing and asserting her position. My curiosity aroused, I decided to follow her as long as she was walking in the same general direction I had to go in. Although engrossed in her imaginary dialogue, she seemed to know where she was going. Soon, we were within sight of the imposing structure of Senate House, a 1930s high-rise, the university's central administrative building and library. I was shocked. Was it possible that we were going to the same place? Yes, that's where she was heading. Was she a teacher, a student, an office worker, a librarian? Maybe she was some psychologist's research project. I never knew the answer. I walked 20 steps behind her and by the time I entered the building (which ironically was the location of the headquarters of the "Mind Police" in the film version of George Orwell's novel *1984)*, she had already been swallowed up by one of the elevators.

I was somewhat taken aback by what I had just witnessed. A mature first-year student at 25, I saw myself as an intellectual in the making and I was convinced that all the answers to the dilemmas of human existence could be found through the intellect, that is to say, by thinking. I didn't realize yet that thinking without awareness is the main dilemma of human existence. I looked upon the professors as sages who had all the answers, and upon the university as the temple of knowledge. How could an insane person like her be part of this?

I was still thinking about her when I was in the men's room prior to entering the library. As I was washing my hands, I thought, "I hope I don't end up like her." The man next to me looked briefly in my direction and I suddenly was shocked when I realized that I hadn't just thought those words, but mumbled them aloud. "Oh my God, I'm already like her," I thought. Wasn't my mind as incessantly active as hers? There were only minor differences between us. The predominant underlying emotion behind her thinking seemed to be anger. In my case, it was mostly anxiety. She thought out loud. I thought – mostly – in my head. If she were mad, then everyone was mad, including myself. There were differences in degree only.

For a moment, I was able to stand back from my own mind and see it from a deeper perspective, as it were. There was a brief shift from thinking to awareness. I was still in the men's room, but alone now, looking at my face in the mirror. At that moment *cont'd pg. 34...*

Female Sexual Empowerment

A weekend of learning and sharing with
Sexual/Spiritual Educator, Yogini, Tantrica and Dakini
Jaiya

Friday Eve thru Sunday **April 9, 10 & 11, 2010**
Vancouver Planetarium Auditorium
Extensive videos about Jaiya and her work
plus full event details: **www.jaiyaevent.com**

Enjoy listening? Helping others?
Get paid to do the work you love! Pursue a career in Counselling

THE VANCOUVER COLLEGE OF COUNSELLOR TRAINING OFFERS:
Free Information Sessions - every Wednesday (11am)
- Diploma of Professional Counselling 52-week program
- Diploma of Counselling Practice
- Family Support Worker Certificate 24-week program
- Addictions Worker Certificate-24-week program
- Specialized Areas of Interest & Individual Courses

Call 604-683-2442 or 1-800-667-3272 www.vcct.ca info@vcct.ca

THE SPIRITUAL CENTRE FOR DYNAMIC LIVING
www.dynamiccentre.com
dynamiccentre@shaw.ca 778-388-5362

Austin & Mary Hennessey, Ministers

THE AVATAR WORLD

The message of the movie Avatar is that there is another world where love rules, that we live in an interconnected world, and holism is our everyday reality. Ancient cultures were aware of that. The Toltecs knew it. Science is telling us we are living in a holistic world. The success of Avatar shows millions of us embrace the holistic vision. We accept that mind does influence matter and we have the power to shape new realities. We may not need to go to Pandora to find a new and better world. We can create it right here.

We invite you to the Dynamic Centre where our intention is to help create this better world. Come understand how we can shape this new reality as we begin The Avatar Series by drawing on the wisdom of the Toltecs as expressed in The Fifth Agreement – the book by Don Miguel Ruiz and Don Jose Ruiz.

E-mail dynamiccentre@shaw.ca for a *FREE* copy of our e-book *Avatar and the Dynamics of Holism* and to receive our weekly Dynamic Living Insights and Newsletter.

Celebrate with us at our new location in the Masonic Centre 1495 West 8th Vancouver
(See map on our website)

March Sundays at 11am
March 7 – *Creating a New World.* Receive a free copy of Mary & Austin's *Avatar Rules CD*.
March 14 – The Dynamic Centre's 7th Anniversary. *Saint Patrick's Celtic Celebration.*
March 21 – The Avatar Path series begins with *Our Life Agreements.*
March 28 – The Avatar Path series continues.

Dynamic Centre Meet-up Groups for all Avatar-minded people begin this month. Make new friends by joining a Meet-up Group of your choice.

Soul Sync

Soul Sync Seminar – March 27th
The New Relationship. Discover how the new intimate relationship can be a catalyst for revealing and launching our highest potential and the full spectrum of our individual and collective gifts!
Visit www.soulsyncrelationships.com for details of this and other leading edge relationship seminars with Mary and Austin. Graduates of these Seminars are invited to join Soul Sync Meet-up Groups; an ideal way to meet other like-minded people.

Brands on the brain

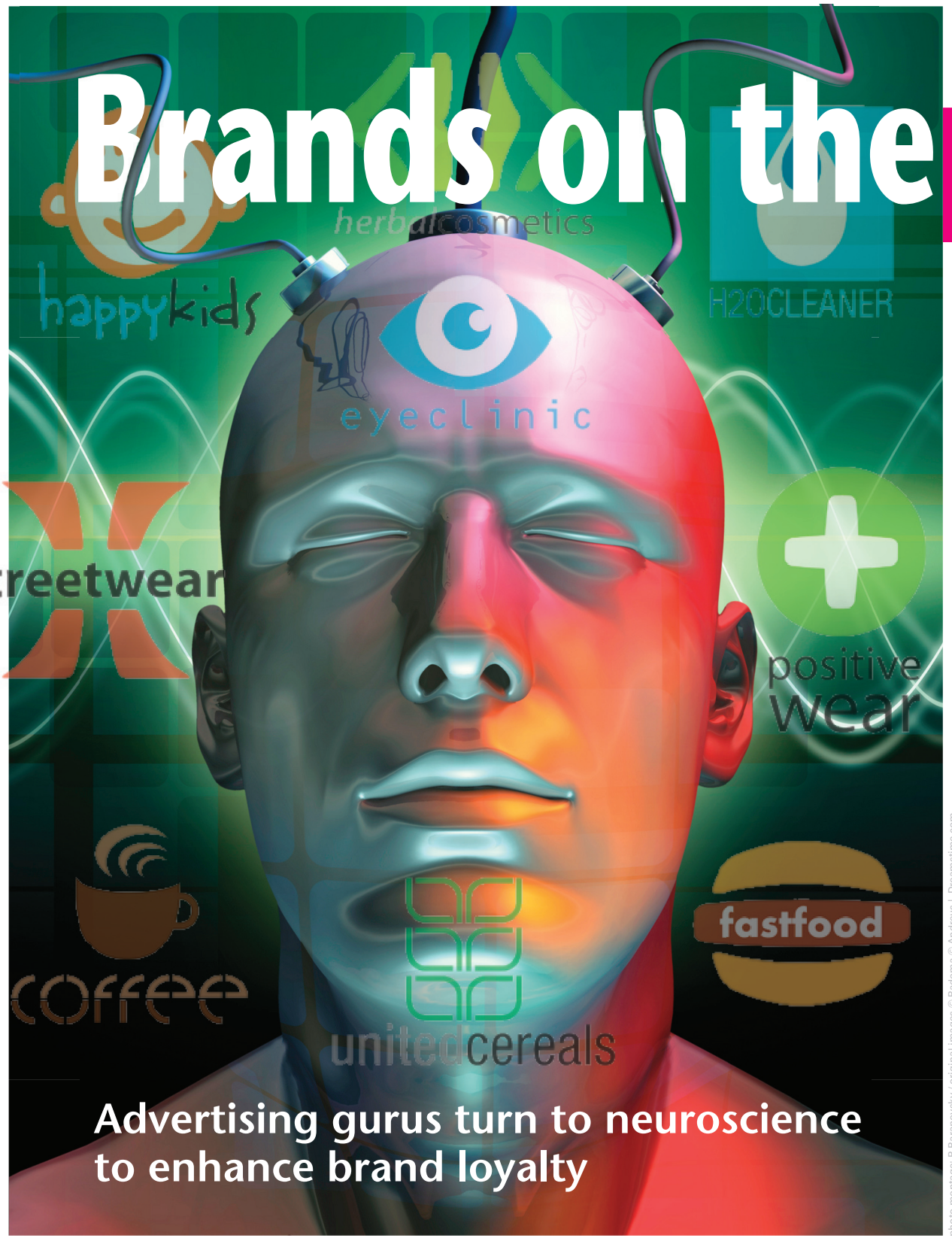


photo montage: P.Baranovsky / original images © Radoma © Andreus | Dreamstime.com

Advertising gurus turn to neuroscience to enhance brand loyalty

by Geoff Olson

SOME YEARS ago, a US advertising company came up with a scheme for printing logos on the skins of hot dog wieners, to be sold at sports stadiums and fairgrounds. Nothing came of it, however, perhaps because hot dogs are the equivalent of communion wafers in the holy American rituals of team sports. But this was more than a decade ago; it's a safe bet there wouldn't be much resistance now to branding this iconic combo of white flour and offal. Advertising and mass persuasion are so much a part of the cultural background noise today that we hardly even notice the next minor assault on our senses.

In 2009 when the Squamish Nation council approved the construction of six electronic billboards on its lands in Vancouver, the North Shore and Squamish, public outrage followed. Yet the angry editorials and letters to the editor dried up almost immediately after the 11-metre wide structures went up. It seemed to be more than just mass resignation after an infrastructural done deal. Everyone shrugged as the billboards were quickly absorbed into our culture of information overkill, and became part of the West Coast visual wallpaper. In fact, on my first trip across the Burrard Bridge after the installation, I somehow missed seeing two of these eyesores.

How do you grab people's attention in an age of infoglut? Most of us feel overwhelmed by the avalanche of media messaging and marketers are finding it harder to get through the murk of competing memes. But they are doing their best, using the findings of neuroscience to crowbar their way into our brains.

Last month, I witnessed the Olympic Torch relay ceremony at the local mall. Thousands of people milled about under drizzling skies, waving little red flags and cheering, while Muzak-like techno blasted from speakers at ear-splitting levels. Onstage, a host paced around with a mike, winding up the crowd. In a mock-excited radio DJ voice, he demanded to know how everyone felt, repeating the request multiple times when the crowd failed to respond with the requisite enthusiasm.

When the host momentarily left, some break-dancers took his place, hopping and capering in a cartoon-like routine that resembled a corporate, team-building exercise from a *South Park* episode. Arms linked, they sang along to *Open Happiness*, Coca Cola's hip-hoppish signature tune. A massive video screen displayed the song's lyrics with a red Coke logo bouncing along, inviting the assembled taxpayers to join in: "The sun will come back tomorrow/There's a message in a bottle." The beverage distributor, official sponsor to Vancouver's winter Olympics, was up front and centre throughout the torch ceremony and for much of the Games.

The torch ceremony may seem to have mythic resonance, but the relay only dates back to 1936, when the Nazis – who knew a thing or two about spectacle – introduced it to the Olympic Games in Berlin. Today, insiders and former athletes in host cities are rewarded with a chance to run with fire in this well branded, sentimentalized ritual. It's an archetypal whopper with cheese. But the torch ceremony I witnessed down at the mall bore more resemblance to a hypnosis show fronted by Reveen than an extravaganza staged by Albert Speer. There seemed to be a greater chance of turning this nice, smiling crowd of face-painted kids and parents into clucking chickens than "own-the-podium" goose steppers.

Yet the ceremonial pumping-up of the mall crowd could only be sustained for so long, and an hour and half was pushing it. Even the host couldn't keep up a head of steam when he returned. By the time a young girl ran up to the podium with the torch to light the cauldron, his voice was already registering deflation and anticlimax. "And here she is... with... the torch," he intoned, his words descending on "the torch."

This Olympic ceremony may have failed to launch for this witness, but there is little doubt that Coke's expanded sports profile paid off for the company at the Games. In many viewers' minds, face-painting tribalism and ersatz nationalism were being subconsciously spot-welded to a carbonated sugar drink.

Coca Cola is interested in what social scientists and brain researchers have to say about brands and branding and are undoubtedly paying attention to the research of Read Montague, a 43-year-old neuroscientist at Baylor College of Medicine. Montague was intrigued by TV commercials from the seventies, which pitted Coke against Pepsi in blind taste tests. Most of the subjects in the ads chose Pepsi and Montague wondered if it actually tasted better than Coke and, if so, why did most consumers favour the latter?

Montague turned to magnetic resonance imaging for an answer. He assembled a group of test subjects and recreated the Pepsi challenge, while scanning their brains. The results from the MRI scans verified the ads. None of the subjects knew what they were drinking, but Pepsi produced a much stronger response than Coke in the ventral putamen, the area of the brain thought to process feelings of reward. In fact, for people who claimed to like Pepsi more than Coke, the signal from the ventral putamen was five times stronger than that of Coke fans while drinking Coke.

Montague repeated the MRI Pepsi challenge with an added twist: he informed the subjects which samples were Coke. The result: almost all of them said they preferred Coke and their neural activity was significantly different. There was also activity in the medial

prefrontal cortex, a recently evolved area of the brain involved in higher-level cognitive processing. "Apparently, the subjects were meditating in a more sophisticated way on the taste of Coke, allowing memories and other impressions of the drink – in a word, its brand – to shape their preference," observed *New York Times* contributor Clive Thompson.

That's how powerful big brands are. They literally get in your brain.

Not surprisingly, the MRI has become a hip adjunct to neuroscientists' research, allowing them to identify all kinds of mental states, from the unrippled calm of champion Tibetan meditators to the weak SOS signals from vegetative patients. The marketers have taken notice. With consumer spending in a downturn, they are increasingly turning to the technical tools of biometrics – measuring brain waves, galvanic skin response, eye movements, pulse rates and other physiological markers – to learn better ways to move merchandise. It's become trendy for advertising executives to talk about dopamine and serotonin levels, with companies like NeuroFocus and EmSense presiding over a money making marriage of marketing and neuroscience.

It's been a long, strange trip for the corporate hypemeisters, from the snake oil carriage to the electoral ballot box, with a detour through the brain research labs. In a recent essay, author Chris Hedges darkly comments on the triumph of salesmanship over substance in the last US federal election.

"We mistook style and ethnicity – an advertising tactic pioneered by the United Colors of Benetton and Calvin Klein – for progressive politics and genuine change. We confused how we were made to feel with knowledge. But the goal, as with all brands, was to make passive consumers mistake a brand for an experience. Obama, now a global celebrity, is a brand. He had almost no experience besides two years in the senate, lacked any moral core and was sold as all things to all people. The Obama campaign was named *Advertising Age's* marketer of the year for 2008 and edged out runners-up Apple and Zappos.com. Take it from the professionals. Brand Obama is a marketer's dream. President Obama does one thing and Brand Obama gets you to believe another. This is the essence of successful advertising. You buy or do what the advertisers want because of how they can make you feel."

Postmodern marketing hasn't just permeated politics; it has invaded all aspects of life, including military planning and propaganda. In the lead-in to the 2003 invasion of Iraq, we first heard of "shock and awe," an apparent sales pitch for the paralyzing effects of firepower. Another slick military term followed soon after, "The Voila Moment." According to author Naomi Klein, VM was "likely the product of the Bush administration's penchant for hiring advertising executives and flakey management consultants as foreign policy advisors." She explained The Voila Moment: "That's when Iraqi soldiers and civilians, with bombs raining down on Baghdad, suddenly scratch their heads and say to themselves, 'These bombs aren't really meant to kill me and my family, they are meant to free us from an evil dictator!' At that point, they thank Uncle Sam, lower their weapons, abandon their posts, and rise up against Saddam Hussein. Voila!"

It turned out the Iraqis were less favourably disposed to a Voila Moment than the corporate mythmakers who dreamed it into being. It was all part of a well rehearsed *folie à deux* on the coalition side – a delusion shared by two or more people. There were also plenty of news consumers along for the ride, people who believed the Iraqis would greet coalition forces as liberators. As we all know now, that turned out to be another unwarranted projection onto a foreign people.

With the 2010 Games in Vancouver, the Olympic meta-brand subsumed the self-cancelling memes of athleticism versus fast food, and cutthroat competition versus international togetherness. The five rings are like conceptual cupholders, securing everything from carbonated drinks to foreign military campaigns. On CTV, an excited anchorwoman gushed over an air force jet's smoke trail high above Khandahar, in the form of the Olympic rings. "It's the profound symbol of peace," she gushed.

In spite of western nations' perennial wartime habit of magical thinking, most of us individually pride ourselves on being savvy to the manipulative ploys of advertising, whether its for a pop star, politician or war on terror. Consumers are certainly more cynical about advertising these days, but that has only led marketers to seek slicker, slyer ways to insinuate their brands into our consciousness, through product placement, reality television and other means.

Consider the superb AMC series *Mad Men*, a kind of poisoned love letter to the early-sixties advertising industry in Manhattan. The series' characters drink a lot – one label in particular. The makers of Jack Daniel's struck a deal with *Mad Men's* producers, through Universal McCann agency of New York, obliging *Mad Men's* characters to imbibe from clearly identifiable bottles and ask for JD by name. According to the authors of *The Age of Persuasion*, "storylines must be fashioned and dialogue steered, to make sure Jack Daniel's is as much a character in the story as Don Draper or Peggy Olson." A character or an interloper? I always associated Jack Daniel's with blue-collar, southern good old boys, not career conscious executives in sixties' Manhattan. But that's the miracle of rebranding; it isn't limited in either space *or* time.

Back in the fifties, a company like Colgate would sponsor an evening block of programming. Middle-aged, cigarette-smoking hosts came on with a tube of toothpaste or box of detergent and returned throughout the hour to remind viewers who was sponsoring their entertainment. A decade later, the era of the 30-second commercial reigned supreme and consumers got a bit more viewing time in exchange for the broadcasters' opportunity to sell millions of viewers to advertisers. The introduction of TIVOs and other commercial-nixing digital devices encouraged advertisers to start thinking outside of the box and they began to pursue product placement in films and television shows. In the media space of television, the advertiser and viewer have long had a mongoose-cobra dynamic. It's a game of dodge and weave, of strike and counterstrike – an adaptive war of consumer technologies.

Reality television offered another angle to crowbar brands into viewers' minds; shows like *The Apprentice* became vehicles for working-in all kinds of high-end products and services, while showcasing the living, fire breathing brand of Donald Trump himself. We may have reached the nadir of this process with the airing of CBS's new reality TV series, *Undercover Boss*. The plot is simple; every week, a different corporate boss goes undercover in his own company to discover what front-line staff have to deal with in their jobs. The first episode profiled Larry O'Donnell, COO of an occasionally union-busting concern called Waste Management Services. Larry saw firsthand the conditions of his workers, and, by show's end, promised to form a committee to address their concerns.

Instead of paying big bucks for an hour's worth of media exposure after the Super Bowl, the thoroughly unglamorous Waste Management Services got a free public relations pedicure and access to millions of viewers. "It quite literally could not have been purchased with all the money in Waste Management's coffers!" exclaimed Nolan Hamilton at Gawker.com. "So, the deal for you, the television viewer is now this: in return for sitting through lengthy blocks of ads, you are treated to one hour of a trash company's employee morale boosting video, writ large."

The second episode of *Undercover Boss* profiled Coby Brooks, CEO of Hooters restaurant chain. He discovers overworked staffers have to deal with public complaints that the restaurant chain "exploits woman," and witnesses one of his managers humiliating servers with *Fear Factor*-like lunch-hour routines. At show's end, Brooks reveals his true identity, telling the offending manager he must apologize to his staff. He gives another manager, a single mother, a free holiday "anywhere in the world" so she can depressurize from her demanding job. It's a passion play of resurrected business values, and an hour's worth of free advertising for the mammary-marketing restaurant chain.

It's come full circle. Where companies like Palmolive or Colgate once purchased an entire evening block of programming, today's corporations have the opportunity to become celebrities cast in their own television episodes. With corporations having the legal status of persons, it seemed only a matter of time before they would go all Paris Hilton on us.

These new marketing angles are less signs of triumph than panic; advertisers are struggling to get the attention of a new generation that has retreated from traditional media to the Internet. Phone books are failing and broadsheets are flailing. Television is broken up into the private fiefdoms of cable, appealing to smaller groups of niche viewers.

Fewer consumers are voting with their remotes – many have ditched their couch commanders for computer cursors and are doing most of their viewing, reading and buying online. As of 2005, according to former *Wired* editor Kevin Kelly, there were 100 billion clicks per day on the Web, and 55 trillion links between all the webpages on a machine that uses five percent of the global electricity, with its processing power doubling every two years. Five years ago, the World Wide Web, global in scale, was already more complex than a human brain and had surpassed the 20-petahertz threshold for potential intelligence, as calculated by inventor Ray Kurzweil. Perhaps the Asimov- *cont'd pg. 34...*

Obama, now a global celebrity, is a brand. He had almost no experience besides two years in the senate, lacked any moral core and was sold as all things to all people. The Obama campaign was named Advertising Age's marketer of the year for 2008 and edged out runners-up Apple and Zappos.com. Take it from the professionals. Brand Obama is a marketer's dream.

PCU COLLEGE OF HOLISTIC MEDICINE

Diploma Programs
- TCM Practitioner
- Doctor of TCM
- Acupuncturist
- Chinese Tuina/Anmo
- Spa Therapist

- English and Chinese classes available
- Students train with patients at our public TCM clinic – the largest in BC

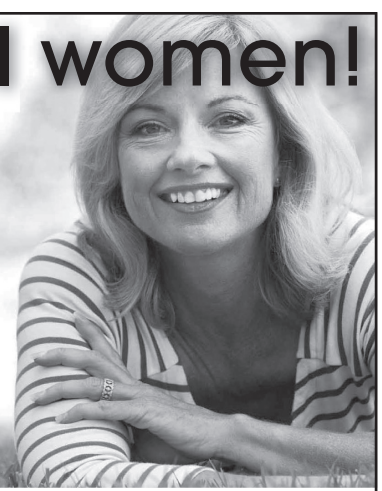
*Evening classes available

Call for a Campus Tour
604-433-1299
www.pcu-chm.com

ATTENTION all women!

Oprah, Suzanne Somers, Dr. Northrup are all talking about it... HORMONES and how important it is to balance these hormones naturally.
But where do you go for help?

It is time for a natural alternative…
- PMS, menopause symptoms?
- Hot flashes, night sweats, mood swings?
- Have you been forgetting things?
- Wondering if you're going crazy?
- Heavy or painful periods?
- Feeling alone, depressed, anxious, irritable?
- Are you suffering from insomnia?
- Have you been thinking about HRT?
- No libido?



Alternative Hormone Solutions is a clinic run by Registered Nurses trained in balancing women's hormones naturally, without the use of synthetic drugs. **Take a positive approach to your health and book a consultation today.**

Alternative Hormone Solutions
The Key to Natural Wellness for Women

Debbie Williams, RN
#9 – 636 Clyde Ave., West Vancouver, B.C. 604.922.3997
info@alternativehormonesolutions.ca www.alternativehormonesolutions.ca
• Telephone Consultations also available •

JAW JOINT THERAPY

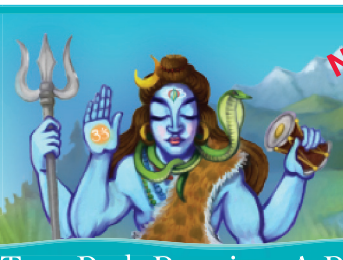
Do you experience...
- Unexplained, chronic head or neck pain, or headaches?
- Locking or dislocating of your jaw?

TREATMENT OPTIONS ARE AVAILABLE! (604) 222-8292
Call today for your appointment

WELLNESS CENTERED DENTISTRY
305-2083 Alma Street, Vancouver

DR. MADESON BASIE
http://wellness2dentistry.com

MOUNTAIN SKY



NEW Authentic Castile Liquid Soaps

"A True Path Requires A Pure Soap"

6 Divinely Scented Soaps
Honey Almond, Lavender Heaven
Eucalyptus-Mint, Shiva's Nirvana
Citrus Bliss, Natural-unscented

Blending Suggestions

	add Water	to Soap
Face	3	1
Body	2	1
Hand	1	1
Baby -use natural or citrus	3	1

Made in BC

Purchase at your local health food store or
www.mountainskysoap.com

Solar incentive

EARTHFUTURE Guy Dauncey

THIS MONTH, and this month only, SolarBC will contribute $2,000 – twice the current incentive – if you install a solar hot water system by the end of March 2010. So don't delay, don't go astray, go solar today with SolarBC.ca. But first let me take you on a journey of the mind.

If it's daytime, look out the window. See the Sun's light and feel its heat. Take away that heat and you'd know what "cold" really means. We'd be freeze-dried in seconds, as cold and dead as Pluto.

Now ponder this. Only eight minutes and 20 seconds ago, that same light and heat was on the surface of the Sun, 150 million kilometres away. Just eight minutes ago, that heat was two million degrees Celsius above absolute zero, on the edge of the Sun's atmosphere. It then travelled through space at the speed of light before arriving on Earth, where it enables all life to exist.

Without this daily miracle, we'd have no thoughts, no love, no tree frogs. No breath, no forests, no music.

As I write this column at dusk on a February evening, the Sun has set, but I can still see its light reflected off a tiny slice of new moon, tucked in among the branches of a fir tree, etched black against the dark blue sky of the oncoming night.

Being alive today, we know that every generation of our ancestors, going right back to the primates and mammals and beyond, has had successful sex – all thanks to the Sun and the mystery of Life.

For millions of years, we simply accepted the Sun's heat and shivered when it was cold. Some eight hundred thousand years ago, under the stas of an African night, we kept warm by using the solar energy stored in the wood of trees.

Then just yesterday, geologically speaking, we learnt how to use fossilized solar energy in the form of coal, oil and gas. Little did we know that by so doing we would release a cascade of ancient carbon that would trap enough heat to raise the temperature of the Earth's entire atmosphere, melt glaciers and threaten a global flood of catastrophic proportions.

There is a way, however, to gather the Sun's heat directly, instead of burning the ancient fossil fuels that will be the death of us if we do not stop.

This way, quite simply, is solar hot water. We can also gather the Sun's energy as electricity, but let's leave that for another month.

Solar hot water systems have been around for over 100 years. Here in BC, we can choose between two technologies, using either flat, black plates or evacuated vacuum tubes to collect the Sun's energy. We can also choose to direct the heat into our homes through a heat exchange fluid, storing the heat in a tank inside our home, or go with a tank on the roof that stores the hot water directly, as 45 million households do in China.

In summer, such a system will generate up to 100 percent of the hot water you need; in winter, it will generate up to 40 percent, depending on the weather. The cost will range between $5,000 and $8,000, depending on your choice of system, averaging around $6,900.

Little did we know that by so doing we would release a cascade of ancient carbon that would trap enough heat to raise the temperature of the Earth's entire atmosphere...

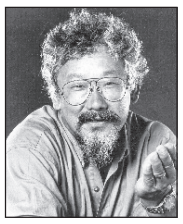
Towards this, there are two incentives to help reduce the price: 1) a SolarBC incentive of $1,000, doubled to $2,000 for the first 200 systems in BC installed by March 31st; and 2) a federal ecoEnergy incentive of $1,200 for larger systems that generate more solar energy, if you complete an energy assessment.

Alternatively, you can use the incentive to create a zero interest loan through TD Canada Trust, allowing you to go ahead with monthly payments of around $110 for five years.

For readers in the Fortis Energy service area (Grand Forks, Kelowna, Penticton, Summerland and Nelson) there's a further $300 incentive available, and in Vancouver, for the first 50 new houses, there's a 50 percent incentive (up to $3,500) on a first-come first-served basis.

For all the details, visit www.solarbc.ca, where you can learn everything you'll need to make a quick decision and take advantage of this one-time offer. If you and computers don't get on, just call 1-866-650-6527. The Sun's not going away, but this opportunity will if you don't act now.

Guy Dauncey is president of the BC Sustainable Energy Association, which welcomes your membership (www.bcsea.org).



Nature's bottom line

SCIENCE MATTERS David Suzuki with Faisal Moola

ENVIRONMENT

IN DECEMBER, Canadian specialty TV channel Business News Network interviewed me about the climate summit in Copenhagen. My six-minute interview followed a five-minute live report from Copenhagen, about poor countries demanding more money to address climate change and rich countries pleading a lack of resources. Before and after those spots were all kinds of reports on the Dow Jones Industrial Average, the price of gold and the loonie, and the implications of some new phone technology.

For me, this brought into sharp focus the inevitable failure of our negotiating efforts on climate change. BNN, like the New York-based Bloomberg channel, is a 24-hour network focused completely on business. These networks indicate that the economy is our top priority. And at Copenhagen, money dominated the discussions and the outcome.

But where is the 24-hour network dealing with the biosphere? As biological creatures, we depend on clean air, clean water, clean soil, clean energy and biodiversity for our well-being and survival. Surely, protecting those fundamental needs should be our top priority and should dominate our thinking and the way we live. After all, we are animals and our biological dependence on the biosphere for our most basic needs should be obvious.

The economy is a human construct, not a force of nature like entropy, gravity, the speed of light or our biological makeup. It makes no sense to elevate the economy above the things that keep us alive. But that's what our prime minister does when he claims we can't even try to meet the Kyoto targets because that might have a detrimental effect on the economy.

It makes no sense to elevate the economy above the things that keep us alive. But that's what our prime minister does...

This economic system is built on exploiting raw materials from the biosphere and dumping the waste back into the biosphere. And conventional economics dismisses all the 'services' that nature performs to keep the planet habitable for animals like us as 'externalities.' As long as economic considerations trump all other factors in our decisions, we will never work our way out of the problems we've created.

We often describe the triple bottom line – society, economy and environment – as three intersecting circles of equal size. This is nonsense. The reality is that the largest circle should represent the biosphere. Within that, we have 30 million species, including us, that depend on it. Within the biosphere circle should be a much smaller circle, which is human society, and within that should be an even smaller circle, the economy. Neither of the inner circles should grow large enough to intersect with the bigger ones, but that's what's happening now as human societies and the economy hit their limits.

We also draw lines around property, cities, provinces and countries. We take these so seriously that we are willing to fight and die to protect those borders. But nature pays no attention to human boundaries. Air, water and soil that blows across continents and oceans, migrating fish, birds and mammals and windblown seeds cannot be managed within human strictures, yet all the discussions in Copenhagen were centred on countries that, in turn, were divided into rich and poor. In science-fiction movies where an alien from outer space attacks and kills humans, national differences disappear as we join forces to fight a common enemy. That is what we have to tap into to meet the climate crisis.

Nature is our home. Nature provides our most fundamental needs. Nature dictates limits. If we are striving for a truly sustainable future, we have to subordinate our activities to the limits that come from nature. We know how much carbon dioxide can be reabsorbed by all the green things in the oceans and on land and we know we are exceeding those limits. That's why carbon is building up in the atmosphere. So our goal is clear. All of humanity must find a way to keep emissions below the limits imposed by the biosphere.

The only equitable course is to determine the acceptable level of emissions on a global per capita basis. Those who fall below the line should be compensated for their small carbon footprint while those who are far above should be assessed accordingly. But the economy must be aligned with the limits imposed by the biosphere, not above them.

Learn more at www.davidsuzuki.org

Olympics earn a bronze for climate action says Suzuki Foundation

THE VANCOUVER 2010 Olympics have made the podium with a bronze medal for their efforts to reduce the event's climate impact, according to a climate scorecard released by the David Suzuki Foundation. Achievements of the 2010 Olympics include building energy efficient venues, using clean-energy sources, relying on public transit during the Games and offsetting part of the Games' emissions.

"Climate change is a defining issue of our time and the winter Olympics are an opportunity to show leadership by reaching and inspiring billions of fans and spectators with solutions to global warming," says Paul Lingl of the David Suzuki Foundation. "Despite some missed opportunities, the positive steps taken by the 2010 Olympics demonstrate that climate solutions are doable, affordable and can have a lasting legacy."

Along with successes, the Foundation's climate scorecard highlights several areas where the Vancouver Olympics fell short. "The Vancouver Olympics will leave the region with few long-term improvements in sustainable transportation," says Mr. Lingl. "As well, to date the 2010 Olympic organizers haven't made the most of their opportunities to tell the story of their climate initiatives to Canadians and the world."

Canadian winter athletes agree it is important to send a strong message about the need for climate action. "As a winter Olympian I see global warming firsthand: melting glaciers, changing snow patterns and the closing of lower-elevation hills," says Canadian Alpine Ski Team member Kelly VanderBeek. "Winter sports are threatened by global warming and Canadian Olympic athletes are stepping forward and calling for action."

"The winter Olympics depend on snow and ice and they need to do their part to protect winter," says former Olympic speed skater Ingrid Liepa. "It's encouraging to see that the Vancouver Olympics are making a contribution, and I hope that future Olympic Games will raise the bar even higher for the sake of our winter sports culture – and our planet."

Ms. VanderBeek and Ms. Liepa are members of Play It Cool, a joint initiative of the Climate Project of Canada and the David Suzuki Foundation. These athletes are taking action in their own lives to reduce their carbon footprint and together with more than 70 Canadian athletes they wrote to the Vancouver Olympic organizers in 2009 and called on them to address the Games' climate impact.

"The fate of winter sports and the potential to host winter Olympics in the future depend on choices we make today to address climate change," says David Suzuki. "I'm inspired by the efforts of Canadian Olympic athletes, and I encourage the federal government and all Canadians to follow their lead and be part of the solution to climate change."

photos by Joseph Roberts

the HST

No taxation without representation

Bill Vander Zalm interview by Joseph Roberts

Joseph Roberts: How did you get involved in the HST issue?

Bill Vander Zalm: I was watching television one evening with Lillian and it was announced on the news, as a matter of fact, that the HST was going to happen and they briefly explained it. I said, "They're not really telling us what it's all about or how much it's going to cost. They're simply announcing the government's news release on television. Obviously, there's something wrong, something's amiss here." The next morning, I turn on the television to see what more they have to say and there's not a mention. "This is crazy," I said to Lillian. "Either the big media is covering up for the government or they just don't understand the impact of all of this, particularly on the people who can least afford it."

When I heard nothing for the rest of the morning, by afternoon I was so frustrated Lillian suggested I write a letter to the newspapers explaining what this is all about and the impact of it and see what response I would get. I sat down and immediately sent an email to all the big newspapers and the Province called me immediately and asked to meet me in Richmond to do an interview. I met them that same afternoon and the interviewer had a camera and cleverly photographed me beside a Stop sign. The following morning, that picture made the front page of the paper. That was enough to set off the anti-HST campaign.

It's a lot of work and I realized it would be, but fortunately I have a good friend named Chris Delaney who's quite familiar with politics. I didn't really have to explain it to him because he well understood and said he would volunteer 24/7 and pay his own costs until we got this thing done. From that little nucleus of two people, we sought out others. Bill Tieleman, who's influential and good at getting a message out, joined us. And a good number of other people joined the campaign.

The neat part is we've had people from every political persuasion – the NDP, the Conservatives, the Refederation Party and former Liberals – people right across the political spectrum. That made our job easy and it will be the success of the campaign. If I were campaigning from a particular party, it would be very difficult because people would be either aligning or opposing. But with people from across the whole spectrum, the message is getting out and we're getting lots of support.

In my estimation, we will not only win the HST fight, but we will follow-up on the need for the political system in this province and country to change. Too much is decided upon political philosophy rather than what's right or what's wrong. I think we'll have an even bigger challenge after the HST to try and change that.

JR: "No taxation without representation" was the rallying cry in New England that preceded the Boston Tea Party during America's revolution of independence from England. Is this HST really a form of taxation without representation?

BVZ: No question about that. First of all, people had no say in it. Not only were individuals not warned, but quite the contrary. During an election campaign only a few months earlier, they were told by Gordon Campbell, the leader of the Liberal Party, that he was opposed to the HST and it would not be considered. So we were provided false information. After the election, there was no announcement that people could respond to, nor did government take it to the legislature where people would have had an opportunity to speak out through their elected representatives. It could have been as simple as a provincial minister talking to a federal minister who offered a $1.6 billion bribe. It's just taking it out of one pocket and putting it in the other.

The whole thing is in fact, unconstitutional. If it wouldn't cost $1 million to challenge it legally, that would be the easiest route to go. So it's not only taxation without representation, it's fraudulent taxation. The provincial government is giving up a provincial jurisdiction without consulting the people and giving it to the feds. The feds would then determine whether there's an increase or a reduction for that particular tax in this province.

JR: They could change it from seven to 10 percent, if they wish.

BVZ: They've got control. Politically, they probably wouldn't do that, at least not very soon after. It's very wrong.

JR: Why do you think the federal government is pushing for this?

BVZ: I would like to believe the politicians in Ottawa are smart enough to try and figure out what's happening here, but maybe not, so perhaps it's coming from within the bureaucracy and probably motivated or encouraged by big business. There's something beyond all of this that isn't too obvious, that is moving this. They will argue that VAT – Value Added Tax, another word for HST – is working well in other countries. Well, it isn't working that well. Number one, most European countries have an underground economy that is as big as the real economy. More and more people here will also be doing things without charging the HST and they'll have an advantage over the legitimate businessperson. Not only will they not collect and not pay the HST, but also they won't pay income tax because if they paid income tax, it will reveal what they're doing with the HST. It's a whole underground economy that will cost us mega-billions of dollars.

Why is the federal government doing this? I imagine in part because they perhaps believe we need to do this universally, as part of this whole globalization movement, and secondly there may be favours from some industries.

JR: How does it shift the tax burden?

BVZ: It's the consumer who will be paying this tax, of course, and hardest hit will be those least able to pay because it will be a big percentage of their available monies – and I'm talking about seniors or people on fixed incomes or low to mid-incomes. The average senior couple will pay $1000 a year in HST. It's the consumer who gets hit. The big beneficiaries are the big companies, the big industries.

JR: When did BC's referendum and recall legislation, which contextualizes the HST referendum, come into being?

BVZ: It was introduced by myself and the big support came from then Attorney-General Bud Smith. We were both, as were the cabinet and the caucus, supportive of the legislation being introduced. Unfortunately, because I resigned in 1991, the rules were drafted by Mr. Harcourt's government and they made it extremely difficult, if not impossible, although I don't think anything's impossible so what we're trying to do now with the initiative petition is probably the more doable aspect of the legislation. Ten percent is doable, particularly in circumstances such as we have now, where we've got people from various political parties supporting it.

JR: What was your intention for putting forward that legislation originally?

BVZ: I have long been a believer in the need for change and the democratization of the political system. My greatest opposition came from within the bureaucracy. Again, politicians don't like change, but the bureaucrats like it even less. I didn't have that many friends amongst the bureaucrats who made it happen, in part because when I first became premier, I

took the position that a deputy that had been in a particular ministry for 25 years or more was probably too entrenched and had too many friends and possibly couldn't do the job as objectively as it should be done. So I moved the deputies around, saying that if someone is a good deputy in one ministry they should be able to take on a position in another ministry because the number one requirement is to be a good manager. That caused a lot of frustration for me and made my life a lot more difficult in the position I was in.

However, the motivation really came from the fact that I believed then, and even more so today, that we need to democratize government in every province and in Canada. What we do now is every four or five years, we elect a dictatorship. That's what it is. The premier has all the say, regardless of the politics. The premier has the say, just as the prime minister decides everything at the federal level. We don't have a democracy.

JR: Has your perspective changed since then?

BVZ: There's been a learning process. I've now witnessed governments under Social Credit, NDP and Liberals so I realize as much as the people do that the basics don't change regardless of who it is that you elect and that tells me there's something wrong. So I've seen it and learned from the process and I guess perhaps things like the HST just encourage me all the more.

JR: What would 'more democratic' look like to you?

BVZ: I think the best example for us to work from is the Swiss system. That's not to say we could adopt that system and have it work. It would need a lot of changing and adjusting. But I think it forms the basis of a much more democratic system. We often hear it said by politicians and others that the best government is that which is closest to the people and the one closest to us here is local government. That's where you have the greatest amount of democracy. I was the mayor of Surrey for six years and a councillor there for four years so I've seen it. Of all my 25 years in politics, that's where I felt best at the local level. That's where you really get to the people and you don't ask about their politics; you just do what's right.

JR: Did the Liberal Party of BC come out of the Social Credit with the Conservatives joining in, much the same way that Harper's party morphed out of the Reform movement and the PCs?

BVZ: Yes, the BC Liberals were born out of Social Credit, there's no doubt about that. The majority of people holding positions of influence within the Liberal party were there and I knew them well in Social Credit. That includes people like Bill Bennett and Grace McCarthy – all those people who were influential in SC, some of whom led to its defeat, have been and are now very influential within the Liberal Party. That's why people will often say the BC Liberal Party is too conservative. I think it's both a Conservative and Liberal mix. No doubt, it's a bit of a coalition.

JR: Common Ground magazine's office is located in the Vancouver Kingsway federal riding where David Emerson won the NDP stronghold as a Liberal because many NDP held their noses and voted for him to oppose Harper's Conservatives. Then much to their dismay they saw Emerson switching party allegiances even before parliament sat. Is that an example of the dictatorship mentality's arrogance and disregard for voters of you're talking about?

BVZ: I think you've figured out that it's all a matter of power and once whomever it is achieves power, they feel they can do whatever they want and constituents don't really count in any of this. We also saw Dosanjh, an NDP premier, join the federal Liberals because he thought he might be in a position of power there. With the NDP, he'd be just another MP, whereas, with the Liberals, he could become a minister. So the whole thing's about power and, no doubt, recognition.

The differences between the Conservatives, Liberals and NDP have narrowed so much that, for anyone coming in from the outside without having political affiliations, the differences are difficult to tell because they'll say whatever it is they believe to be popular to get elected. It's very sad and it's a further indication that we need to continue working to change the system. The system is bad. It's corrupt. It's no good.

JR: Voters need to hold these politicians to account so what you're doing with the anti-HST is saying, "Wait a minute, you said you weren't going to bring in the HST, or sell BC Rail or BC Gas, and we're going to draw a line in the sand here to say that people count."

BVZ: Very well put.

JR: In your estimation, was there an agenda by the Liberals to take you and Social Credit down so they could take power for specific reasons?

BVZ: I think the agenda really came from the federal Conservatives. That's where I believe they and Mr. Mulroney, at the time, were most instrumental in taking first myself and then the party itself out of the picture. For a federal government, given the system we have, a rogue party in some province creates a problem.

JR: Or an independent party.

BVZ: A rogue, independent party. If you're part of the established parties, perhaps they can deal with that.

JR: When the two prior referendums for electoral reform in BC ran into stiff opposition from the entrenched parties who pretended to be neutral, when if fact they were dead against changing the voting system. Even the opposition party did not want things to change because they thought, "Well, we'll lose two elections but we'll get the next one and with that power then we'll make all the changes we want."

BVZ: Unfortunately, we're never going to change this until we improve the whole basic system.

JR: This morning I told someone I was going to talk to someone who's working very hard to stop the HST and she replied that she didn't want it, but she felt they would do it no matter what. I've heard that time and time again from people. What will it take for people to realize they can fight back? If people believe they can't do anything, we're in a terrible situation.

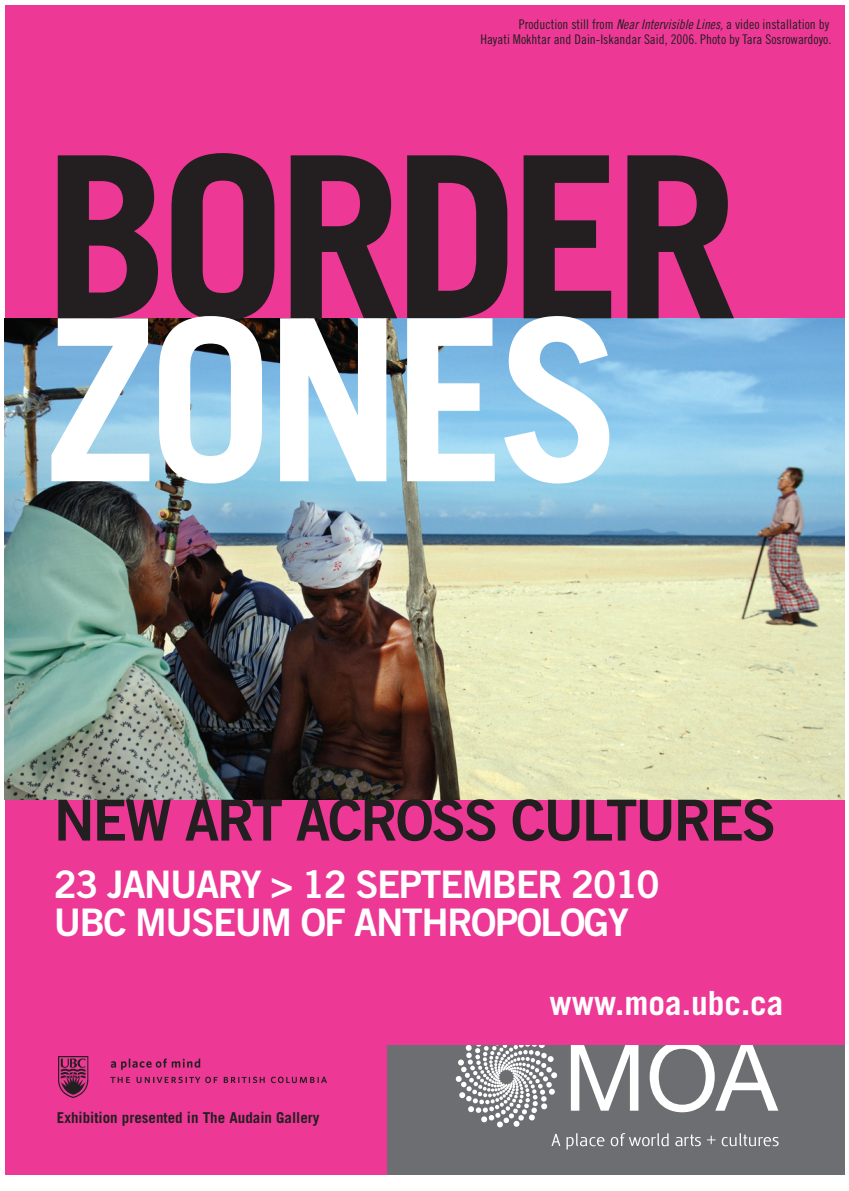
BVZ: It makes me so mad when I read articles in papers stating that Bill Vander Zalm must have an agenda of his own, questioning why he would be working on something he can't win. It's unbelievable.

Our system is bad. The American system isn't good either, but it's better in one aspect because you can actually get a Republican and a Democrat to agree on some issues. Therefore, they have an edge on us, which is also shown by them being a little quicker to protest and object and their media has very liberal and conservative positions and they're quite open about it. Here in Canada, we have a people that have become very docile and have simply given up. What I hear more often than anything is that it makes no difference, it doesn't matter who it is, they're going to do what they want to do anyhow.

JR: Even if the referendum and wins the government may say, "Thank you for the information, we'll consider it."

BVZ: Even with the initiative legislation, the government could ignore us, but I don't think they would this time because it would defeat them politically for a long, long time if they did.

Bill Vander Zalm has worked in the plant and flower business all his life. He made time to become a councillor, mayor, Minister for Human Resources, Municipal Affairs, Transit, and Education, then Premier of BC. For info on HST: www.fightHST.com, info@fightHST.com, or mail Fight HST, 370 East Broadway, PO Box 95023, BC, V5V 4T8.


Production still from Near Intervisible Lines, a video installation by Hayati Mokhtar and Dain-Iskandar Said, 2006. Photo by Tara Sosrowardoyo.
BORDER ZONES
NEW ART ACROSS CULTURES
23 JANUARY > 12 SEPTEMBER 2010
UBC MUSEUM OF ANTHROPOLOGY
www.moa.ubc.ca
a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA
Exhibition presented in The Audain Gallery
MOA
A place of world arts + cultures

Pasture to Plate
Grassfed is Best
Grass-finished
Certified Organic Meats
Fresh frozen & Traditional
European Deli Meats
• no fillers ~ no nitrates
• grown & harvested respecting the Bio-Dynamic Principles taught by Rudolf Steiner
Available at these Vancouver restaurants:
Controversial Kitchen, 1420 Commercial Dr.
Ethical Kitchen, 1600 McKay Rd., North Van
Certification #: PACS # 16-346
www.pasture-to-plate.com
Phone orders: Danu 604-341-6455

ORGANIC LIVES
NOW OPEN
SUSTAINABLE ORGANIC LIVING FOOD
Conscious Living Workshops & Seminars, Organic Juice & Smoothie Cafe
Gourmet Deli & Retail, Personal & Corporate Catering
1829 Quebec St, at 2nd Avenue, Vancouver, BC
778.588.7777 | info@organiclives.org
www.organiclives.org
CHANGE YOUR DIET CHANGE OUR WORLD

OUT THERE...it's closer than you think
Cougar's Crag
EXTREME B&B
One of Vancouver Island's premier dog-friendly accommodations – with the casual ambience of a lodge, the intimacy of a bed & breakfast, and the magnificence of Vancouver Island's coastal wilderness.
Access to:
Hundreds of hiking trails
Surf-swept beaches
Coastal rainforest
Featuring:
Fully equipped split-level units
Private decks
Sensational breakfasts
www.cougarscrag.com
Open All Year Reservations Required
1-888-808-2724 250-478 8993 info@cougarscrag.com
1155 Woodley Ghyll Dr, Metchosin 30 min. from Victoria

Pots of potatoes

ON THE GARDEN PATH Carolyn Herriot

THE POTATO (*Solanum tuberosum*) is one of the most diverse food crops in the world and was first domesticated by humans 10,000 years ago. Potatoes originated in the Andes, but only arrived in North America with the Irish settlers.

The potato is best known for its carbohydrate content; a medium potato has approximately 26 grams. Potatoes provide vitamin C, vitamin B6, potassium, magnesium, phosphorus, iron and zinc. The nutrients of the potato are evenly distributed between the flesh and the skin so it's best to eat them unpeeled.

Potatoes are easy to grow and highly productive; a 30-foot row can yield up to 60 pounds. One pound of seed potatoes can provide up to 10 pounds or more. It is highly recommended to start with commercial, certified, disease-free seed potatoes, but, having said that, I grew some great russets using certified organic potatoes from the produce section and they volunteered again last year!

Ideally, small tubers, the size of a hen's egg, are planted uncut. Larger tubers should be cut in pieces with at least two, but no more than three, eyes. Leave cut pieces overnight to form a callous, which will help prevent them from rotting in cool soils. the minimum soil temperature at time of planting should be 6°C (45° F), but potato tubers should be planted no later than the end of May.

ORGANICS

©Tootles | Dreamstime.com

You can enjoy an early harvest of new potatoes two months after planting by 'grabbling' with your hands under plants, without disturbing them. For the main harvest, cut the stem cleanly with a knife, just above ground and leave the tubers in the ground for two weeks before lifting so the skin has a chance to harden. Store potatoes (protected from rats) in burlap bags or paper sacks in a cool, dark, frost-free place. Stored tubers need ventilation or they may sweat and rot; check periodically for spoilage.

Planting tips

- Dig a shallow trench running north/south to provide plants with the maximum exposure to sun. Line the trench with uncontaminated wood ash and granular seaweed, which provides potash for good yields.
- Plant seed potatoes 3" deep and 12" apart in the trench.
- Cover with a layer of compost or topsoil.
- Although potatoes like well-fed, manured soil, don't over-manure, as this leads to scab.
- Do not lime soil where potatoes will be grown; they prefer acidic pH 6.0-6.5.
- Keep potato tubers dark to prevent exposure to sunlight, which turns them green, bitter and mildly toxic. Do not bury the tubers too deep, as potatoes naturally grow close to the surface.
- Keep developing tubers covered by earthing-up against stems when plants are 6" tall, avoiding the leaves. Repeat every 6" of growth. Applying protective mulches also locks in moisture, which benefits growth.
- To get the longest harvest, plant one early variety (Epicure, Caribe), one mid-season variety (Yukon Gold, Red Pontiac) and one late variety (Russet, Yellow Banana).

Problems with potatoes

Earwigs turn potato leaves into lace, but they don't affect the growth below ground.

Late blight (*Phytophthora infestans*) can affect potatoes, particularly in cool summers. Tops blacken and the potatoes perish. To prevent blight, follow crop rotations, avoiding sites where *Solanaceae*, tomatoes, peppers and eggplants have grown before.

Wireworms are lured by potatoes and they especially cause problems in newly established gardens where sod has been removed. Nematodes are an effective biological control.

Colorado potato beetle can be a pest. Companion planting with marigolds and garlic are said to repel this beetle. Try side dressing with neem seed cake as a systemic insecticide.

Scab (*Streptomyces scabies*) adversely affects cooking quality, though not yield or storage. It shows up as brown, rough 'corky' spots on tubers. Avoid fresh manure.

Carolyn's new book The Zero Mile Diet – A Year-round Guide to Growing Great Organic Food *(Harbour Publishing) will be released April 2010. http://earthfuture.com/gardenpath/*

Resource Directory

The right place to be

advertising deadline: the 15th of the month

Every month, 1/4 million Common Ground readers seek out our directory of advertisers to find services and businesses in alignment with their values. We offer frequency bonuses, three sizes of listings and a comprehensive range of categories. Email Sonya at sonya@commonground.ca to book your listing.

Books • Art • Music • Culture 23
Business Services 23
Dentistry 23
Education & Certification 24
Health & Healing 24
Intuitive Arts 26
Looking Good 27
Nutrition 27
Psychology, Therapy & Counselling 27
Restaurants / Vegetarian 29
Spiritual Practices 29

BOOKS • ART • MUSIC • CULTURE

Do you love to sing in the shower only to clam up if you think other people are listening? Discover your own voice and full potential of your talent with Lynn McGown. We all have our own unique voice Through breathing and body awareness techniques, vocal warm-ups and lots of singing, you are guided to discover a powerful and authentic sound to build your confidence, energy level, well being and health. All lessons are individually tailored: from shy beginners to professional performance coaching. Register for vocal workshops (last Sunday of each month) and/or one-on-one vocal singing coaching.

LYNN MCGOWN
Call to set up lesson
tel. 604-222-4113
www.lynnmcgown.com
www.celtictraditions.ca

A society without culture is like a family without love.
– Colleen Savage

Larry Davids
Intuitive Counselor
pierredavids@shaw.ca

Holly Denney
Vocal Coach
lightlife@shaw.ca

Feelings and emotions are vibrations and frequency which can be shifted through sound. Explore how you can alter your frequency using sound and voice. Learn tools you can apply at home to increase energy, decrease anxiety and improve overall wellness.
604-876-6515

Reflections BOOKS
1111 D Austin Ave. (@Marmont), Coquitlam
604-939-6000

Celebrating our 22nd Anniversary
22% OFF EVERYTHING in our store
March 19 - 23
Books, CDs, DVDs, Incense, Jewellery, Crystals, Tarot Cards, Candles & Gifts
www.reflectionsbooks.ca

Banyen Books
www.banyen.com

Explore Spiritual Traditions, Metaphysics, Mythology, Psychology, The Healing Arts, Nutrition, Ecology, Social Change.... **3608 W 4th Ave,Vancouver, BC.** Mail order: 800-663-8442. Free Catalogue. **Books: 604-732-7912 Music, Gifts, Crystals, Altar Items: 604-737-8858** Hours: M-F 10-9; Sat 10-8; Sun 11-7

BUSINESS SERVICES

AXLE ALLEY
AUTO REPAIR / SURF SHOP
www.axlealley.ca

Locally owned and operated since 1992
Government Licensed mechanics
Centrally located between Kits and Main
20% of our oil changes go to charity
Free brake inspection
Free clutch adjustment
Free baby seat anchor and install

Hours: Monday - Saturday
8 AM - 5 PM
396 5th Avenue West (at Yukon)
Vancouver, BC
V5Y 1J5

• *Check out our website for 43 free downloadable fuel saving tips.*
Book an appointment online.
www.axlealley.ca
604-875-9988

DENTISTRY

Dr. SERGE Agafontsev

Alter Bio Dental
your choice in dentistry
www.doctorserge.com

Prevention, Implants, Veneers, Cavitations, Crowns & Bridges. Specialized equipment for safe amalgam removal, European materials and quality.
Dr. Serge Agafontsev
27 years experience in whole body dentistry.
66 Keefer Place, Yaletown, Vancouver
604-708-6042 info@doctorserge.com

Quality care with a sense of home comfort

Dr. K. Talebian
D.D.S., F.D.S.R.C.P.S

Dr. Talebain & family

• Metal Free Restorations • Cosmetic & Implant Dentistry • Orthodontics • Endodontics • Oral Surgery • Periodontics (Gum Treatment) • Teeth Whitening • Snoring and Sleep Apnea. • Sedation & Emeregency Services
North Vancouver Dental Clinic
619 E. 4th Street, North Vancouver
604-988-8384 nvdental@shaw.ca

DENTISTRY

Implants
Cosmetic Dentistry
Invisible Orthodontics

The Art of Dentistry
by Drs. Sarsam, Suh and Team
Let us help you:
- Maintain or create your beautiful smile
- Avoid root canals & remove amalgams safely
- Incorporate other healing modalities with dentistry

All in a calm, spa-like, environmentally friendly setting. **Metrotown Area 604-431-0202**

Television has proved that people will look at anything rather than each other.
– Ann Landers

EDUCATION AND CERTIFICATION

PACIFIC Institute of REFLEXOLOGY
Most courses tax deductible

Reflexology Training Courses
Reflexology is taught and practiced as an intuitive healing art. Courses provide structure that supports you in developing an intuitive sense of reflexology with a holistic orientation.
Holistic Reflexology: An Introduction
Informational evening talk and "hands-on" presentation, **$10**. See Datebook.

Basic Foot, Hand or Ear Reflexology Certificate Courses: Twenty hours expert instruction, 40 hours practicum plus 10 hours home study prepare you to practice reflexology competently. **$350.**
Advanced Reflexology Certificate Courses
Expand your knowledge to develop your effectiveness to a professional level. **$350**.

Courses offered year round. See Datebook.
Courses accredited CMTBC, RAC.
Pacific Institute of Reflexology
535 West 10th Avenue @ Cambie
Vancouver, B.C. V5Z 1K9
(604) 875-8818
www.pacificreflexology.com
chrisshirley@pacificreflexology.com

Maui School of Therapeutic Massage

Learn massage therapy while enjoying the sun and sea of Hawaii. Our "State of the Heart" professional program provides you with the knowledge, skills and confidence to open your own bodywork practice. Our 650-hour certification program is one of the most affordable anywhere at only $4,800 US. Part-time (12 month) and Full-time (7 month) programs begin every September and March. Curriculum includes Anatomy & Kinesiology, Swedish, Lomilomi, Hydro & Spa Treatments, Deep Tissue & NMT, Assessment & Treatments, Shiatsu, Sports & Therapeutic Exercise, Reflexology, Body/Mind Integration and a fully supervised public clinic. The school is located on the island of Maui, where the warm ocean, gentle climate and lush tropical beauty encourage deep relaxation and exploration of the healing process. Student visas available for 7 and 12 month programs. For more information and a free catalog, write **Maui School of Therapeutic Massage**, PO Box 1891, Makawao, Hawaii 96768. Phone: 808-572-1888 or visit our website at www.massagemaui.com

Hale Ola
A Place of Healing
604 431 7474
www.lomi4life.com

HEALING CLINIC / CRYSTAL & BOOK STORE
Certified Kumu Lomilomi from Big Island
1215 Madison Ave
Burnaby, BC

Authentic Hawaiian Lomilomi Massage
The timeless wisdom and grace of Lomilomi massage communicates deep within the core of the self. **Level 1:** 225 hours certification is 6 Modules. **Module 1** starts May 14, 15, 16 (Fri. Sat. & Sun.) 10am-5pm. $450.
INFO: call, or visit **www.lomi4life.com.**
Massage clinic available by appointment.

North American BOWEN Teaching College™
Teaching the Original Bowen Technique
604-608-4295 www.bewellnow.ca

THERAPISTS NEEDED
MODULE 1 CLASS - SPECIAL OFFER $99
This class is an exciting opportunity to learn the most effective pain therapy from Canada's most experienced instructor. It is in your hands…
Next classes: Apr 12-13

PCU COLLEGE OF HOLISTIC MEDICINE
FREE INFORMATION SESSIONS:
Suite 509, 5th Floor
5021 Kingsway, Burnaby
Tel: 604.433.1299
www.pcu-chm.com
PCTIA ACCREDITED

Study Traditional Chinese Medicine, Acupuncture or **Spa Therapy** at PCU College of Holistic Medicine and public TCM clinic. PCU offers professional clinical training in holistic medicine at its new, state-of-the-art campus near Metrotown. English and Chinese classes available.

TM ORIGINAL NLP
www.thoughtmodels.com

THOUGHT MODELS NLP
Experience Original NLP with Master Trainer, Harry Nichols, former apprentice of co-creator of NLP, Dr. Richard Bandler. Society of NLP Certification Programmes: Introduction, Practitioner, Master Practitioner and more.
"Once you know, you cannot un-know."
info@thoughtmodels.com 604-421-1722

Leslie McIntosh

Coastal Academy
of Hypnotic Arts & Science
Hypnotherapy Training Program
HELP OTHERS HEAL
www.coastalacademy.ca

Resident Certified Hypnotherapists!
TRAINING! **Cognitive Behaviour Hypnotherapy:** Mar 10 & 11. **NLP Practitioner w/ Lynn Robinson:** Mar. 13 - 21. **Advanced Hypnotherapy Program:** Apr 10 -13. **Intensive Hypnotherapy Program:** Apr. 19 - May 7.
604-542-1914 info@coastalacademy.ca

Raw Foundation Culinary Arts Institute: Empowerment & Inspiration: **RAW FOOD CHEF Certification** Level 1, Mar 14 or 25 $150. TEACH WHAT YOU LOVE! **Instructor Certification** Mar 27&28 $795 or intensive L1 & L2 Mar 25, 27, 28 $945. **NEW: Thai Cuisine** Mar12, **Chocolate Intro** Mar21.
778.839.8424 www.rawfoundation.ca

The Pacific Institute of Advanced Hypnotherapy
New Westminster, B.C.
www.hypnotherapyBC.com

Become a Certified Clinical Hypnotherapist
160 hr diploma course provides the very best training. PCTIA registered.
Earn: Hypnotist, Master Hypnotist, Clinical Hypnotherapist and IMDHA certification.
778-397-7714 hypnotic@shaw.ca
Ph: 604-524-9766 for a private hypnotherapy session with Sherry Hood, M.H., C.CHt.

NLP
B.C. NLP Institute

Erickson College - a full-tiered NLP Training School since 1979. Featuring:
NLP Practitioner Certificate
NLP Master Practitioner Certificate Program
NLP Trainers Training
www.erickson.edu, info@erickson.edu,
604-879-5600.

HEALTH & HEALING

PACIFIC Institute of REFLEXOLOGY
Most courses tax deductible

Enjoy Deep Blissful Relaxation!
Reflexology is taught and practiced as a potent, safe way to free stress and tension, relieve pain, improve circulation, and facilitate natural healing. Stimulation of foot, hand or ear reflexes revitalizes your whole body naturally.
One-hour private sessions: $60.
Student Clinic: Tuesday evenings. Rejuvenate yourself, you deserve it! **1hr sessions only $20.**
"FOOT REFLEXOLOGY: A Step-by-Step Guide." DVD or video. Enjoy pleasurable, quality time with family & friends: **$22.95.**
Training: Basic & advanced certificate courses prepare you to practice holistic reflexology competently and professionally: $350.
See Education and Certification Listing.

Books, charts and self help tools available. Enquire about franchise opportunities.
Pacific Institute of Reflexology
535 West 10th Avenue @ Cambie
Vancouver, B.C. V5Z 1K9
(604) 875-8818
www.pacificreflexology.com
chrisshirley@pacificreflexology.com

SKIN DISEASE CENTRE
TRADITIONAL CHINESE MEDICINE

expert diagnosis
SKIN DISEASE TREATMENT
Extended Care & MSP

Dr. Andy Zhou (PhD) is a renowned Professor of TCM, Dermatologist, President of Dermatology Society of TCM, Registered Doctor of TCM, and Acupuncturist. He has worked with people worldwide and successfully treated most of his patients with his unique, herbal formulas. He has provided expert diagnosis in Vancouver since 1996.

- **Psoriasis**
- **Eczema**
- **Atopic dermatitis**
- **Dermatitis**
- **Acne**
- **Vitiligo**
- **Hives**
- **Skin allergies, Rashes, Itching**

Dr. Andy Zhou, PhD, DR. TCM
Skin Disease Centre
of Traditional Chinese Medicine (TCM)
Regent Medical Building
330-2184 West Broadway (@ Arbutus)
Vancouver, BC, V6K 2E1
By appt: 604-736-6060
www.TCMdermatologist.com

Wellspring Vision
Improvement Program
Making a positive difference
Dr. Weidong Yu
www.TCMRP.com

Wellspring Vision Improvement Program (WVIP) is developed in 1999 by Dr. Weidong Yu, a world renowned Doctor of Traditional Chinese Medicine. WVIP is a comprehensive Holistic health program based on Chinese herbal medicine, Acupuncture, Acupressure, Qigong, Food and Nutrition. WVIP may be beneficial for patients with conditions such as:

- **Retinitis Pigmentosa**
- **Macular degeneration**
- **Glaucoma**
- **Eye Bleeding**
- **Red eyes, Dry eyes**
- **Eye fatigue**
- **Far sightedness**
- **Blurry Vision**

For appointment, please call 604-737-7876
Dr. Weidong Yu, Dr.TCM
Wellspring Clinic
916 West King Edward Ave. (south east corner of King Edward Mall at Oak & King Edward)
Vancouver, BC

Expect Wonders!
Registered Doctor of TCM
Former Instructor of TCM
at Langara College
29 Years Clinic Experience
Extended Care & MSP Accepted
116 - 828 West 8th Ave
Vancouver: 604-876-8618
www.chinese-medicine.ca

Dr. Peter Zhou, a qualified MD and a former hospital director in China. He has been practicing in Vancouver since 1997, treating skin and pain disorders with a 95% success rate. Patients from England, Norway, France, Australia, Singapore, Fiji and Japan have sought his treatments.

Skin Disorders
- Eczema
- Skin rashes
- Skin allergies
- Psoriasis
- Rosacea
- Dermatitis
- Acne
- Shingles
- Herpes
- Hives
- Vitiligo
- Wart

Pain & Other Disorders
- Neck and back pain
- Bell's palsy (highly effective)
- Headache, Sciatica
- Arthritis, Tendonitis
- Disc Syndrome
- Stress and Depression

Please read our Online Testimonials.

Valerie Kemp
CranioSacral
Barbara Brennan Healing
Lymph Drainage Therapy
604-739-9916

After assessing the physical and subtle energies of the body, with Valerie's light heart-centered energetic touch, and soft gentle dialogue with the body, a journey of the soul begins to the root cause of the issue. Tissues and organs gently surrender, layers of emotion and memories melt away, taking us to the pure essence of being and vibrant health!

With over 20 years in holistic healing, Valerie brings an in-depth study and experience in all of the modalities she eclectically offers you for complete treatment including her recent six-year study with Barbara Brennan. **Specializing in bodywork and healing** for newborns and children, pregnancy, women's and men's issues, pre-and post-surgery, pre- and post-dentistry, falls, dislocations, broken bones, sports injuries and car accidents, stress and trauma, personal empowerment, spiritual expansion, soul purpose, alignment and guidance THROUGH **Craniosacral Therapy, Somato Emotional Release, Lymph Drainage Therapy** (great for flu prevention), **Myofascial Unwinding, and Barbara Brennan Energy Healing**. Ask about Long-distance healing, office visits in Vancouver, **604-739-9916.**

LOVE HEALS

Anne McMurtry, Ph.D.
Reiki Master

I offer healing sessions blending Reiki, crystals & gemstones, channelling, sacred sound, aromatherapy and colour healing. Past Life Regressions and deep trance work also offered. **Ongoing workshops offered in Reiki I, II & III, Crystal and Gemstone Training.** Please call **604-734-8219**

Anita Hafner
Healing and Alignment Through the frequency of LOVE
604.839.0154
Anita@lightsourceactivation.com

Reconnective Healing and The Reconnection: cellular activation and alignment to universal light grid, knowledge and information. **DNA Re-patterning & Guidance:** change your beliefs, change your attitude, change your life. **Blissful Massage:** relax, invigorate, rejuvenate.
www.lightsourceactivation.com

Tap Into Your Healthy Self
with Emotional Freedom Techniques (EFT)
Annabel Fisher
Chronic Illness Expert
EFT Practitioner

Is deep emotional & physical pain, or chronic illness, keeping you from the life you want and deserve? I've gone from wheelchair-bound to mobile & vibrant using EFT. Discover the power of EFT to heal quickly with a free 1/2-hour consultation.
www.TheEFTHealingCentre.com
1-888-206-8426.

Dayle Baykey R.N. now offers Integrative Energy Healing, Cranial Sacral Therapy, Bodywork, Meditation and Healthy Lifestyle Consultations for assistance with newly diagnosed and chronic medical conditions and mental health and addiction issues. Decrease stress, relieve pain, gain insight and find meaning by exploring your body/mind connection.

ACUPUNCTURE
HERBAL MEDICINE
ANGELA LIU
Doctor of Traditional Chinese Medicine
Registered Acupuncturist
Trained in Canada and China

Free Initial Consultation
• Gynaecological, digestive and skin issues
• Back pain • Fatigue • Stop smoking • Weight loss
Chinatown Office: 604-605-3382
Chinatown Centre Medical Clinic
#165 - 288 E. Georgia St.
Main St. Office: 778-239-7989
Balance Acupuncture & Massage
#105 - 4338 Main St.

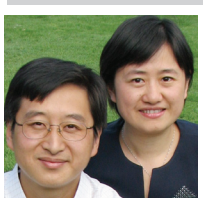
TRUTH
radio
www.blunt.fm

Gain a deeper understanding of chronic disease, medicine, science, politics, current events, religion and spirituality. Host Bryan Farnum's powerful, spiritual gift accurately discerns truth that heals the body/mind/soul, reduces human suffering, and brings world peace.
www.blunt.fm **www.onlygodheals.com**

---

awakening mind
Intentional Healing
Download coupon at
www.awakeningmind.ca for
50% off your first session with
DAVID RAPHAEL
(604) 689-8034

Our natural state is radiant health. But when we experience stress, energy becomes stagnant or even blocked. Bio-Energy Healing combined with Breakthrough Coaching restores your natural energy flow, awakening new possibilities for health, relationship, prosperity, creativity and spirit. **Free iPod included with 12-session package.**



Excellent health care you can trust

Greenhealth
Acu-Herb Centre
116-3195 Granville St, Vancouver
778-370-4158
1005 Walls Ave, Coquitlam
604-719-2838

Acupuncture, Chinese herbal medicine, Jimiao Han: PhD, R. Ac. & Herbalist, Allergy Hay fever, Food allergy, Asthma, Eczema, Insomnia, Depression. **Wendy Xu:** 4th generation, Master of Acupuncture, Dr. of TCM, R. Ac. Infertility, Menopause.
Free parking. We **accept ICBC, WCB, Extended Insurance.**

HEALTH & HEALING

Complete Colon Care Center
Cheryll Thomson
I-ACT Certified Colon Hydrotherapist
153-5951 Minoru Blvd., Richmond
by appointment only **604-790-9589**
cthomson777@yahoo.com

By cleansing the colon of impacted and putrefactive waste matter, colon hydrotherapy offers relief from a variety of disturbances:
- Constipation, diarrhea, gas or bloating
- Low energy
- During cleansing or fasting programs
- Assists absorption of food
- Of benefit for weight control

Brass bands are all very well in their place - outdoors and several miles away.
– Sir Thomas Beecham

Beautiful Feet 美足 保健中心

Beautiful Feet Wellness Centre offers high quality (i.e., essential oils, Chinese herbs, organic supplies) but low priced Chinese meridian style massage: Body or Foot: $38/session. Acupuncture + Massage: $55/session
Hrs: Mon-Sat: 10am-9pm, Sun: 10am-6pm
2622 West Broadway Vancouver
604.569.3816; www.BeautifulFeet.ca.

BEAUTIFUL MINDS CONSULTING INC.
www.beautifulmindsconsulting.com

Beautiful Minds provides research consultation, event services & integrative services: counselling, acupuncture, herbs, massage, spiritual healing, etc. We treat: Pain/Injuries • Addiction/Mental health • Women's health • Facial rejuvenation • Weight control • Gastro-intestinal wellness.
Integrative services: **604.569.3816**
Event services: **778.988.7630**

Certified Colon Hydrotherapist
Inside Out Wellness
Lisa Keith
www.colonicbc.com
604-505-9281

Do you experience constipation, headaches, bloating, yeast infections, migraine, diarrhea? These are symptoms of internal toxicity. Colon Hydrotherapy is a gentle yet effective process of introducing warm purified water into the large intestine, washing the toxins out of the colon.

Mailuo Healing Clinic 潇潇 gentle rain
Acupuncture
200 years of family lineage

Astelle Mao Registered Acupuncturist
Doctor of Tradition Chinese Medicine
Specializing in: stress, insomnia, migraine, chronic & acute pain (shoulder, back), arthritis, common cold, quit smoking, cosmetic facial Acupuncture, dyspepsia gynecological conditions. **40% off first visit**
205-14980 104 Ave, Surrey 778-329-0311

Qwest 4 Health
- **LIVE BLOOD ANALYSIS**
- **IRIDOLOGY**
- **pH ASSESSMENT**
- **QUANTUM BIOFEEDBACK**

www.qwest4health.ca

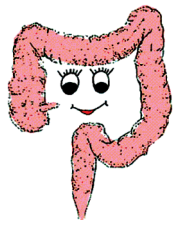
COMPLETE HEALTH EVALUATION
Get a powerful insight into your own body regarding: pH imbalance – allergies – parasites – candida – digestive difficulties – inflammation – anemia – heavy metal – immune disorders – toxic stress – nutritional deficiencies – hormone imbalance – cholesterol – circulation ….and many more
Office: 604-531-3480 qwest4health@shaw.ca

New Feet Health Center 新足中醫保健中心

More than 10 practioners all having medical background give you fantastic services. Chinese style body massage, reflexology and acupuncture. Only $38/session.
5409 W. Boulevard, Vancouver
Open 10am-10pm, 7 days a week
604-677-5011
www.newfeet.wordpress.com

INDIAN HEAD MASSAGE
healing your body, mind & soul…
LIZETTE GIESE
Life Coach
Indian Head Massage & Reiki Certified Practitioner
www.indianheadmassage.vpweb.ca

Indian Head Massage is a deep relaxation massage focusing on the head and upper back, important energy centers. Combine with Reiki for amazing results!
60-min Indian Head Massage *or* Reiki: $60
Great discount for two! 60-min Massage + 30-min Reiki: $80.
lizette.giese@gmail.com 778.317.2834



THE HAPPY COLON
since 2000
Elena Lopez
I-ACT certified colon hydrotherapist

Colon Hydrotherapy dates back to the Egyptians who used it in its most basic form, the enema. Modern equipment today uses purified water at preset pressure and temperature to cleanse the large intestine (colon).
By appointment only: **604-525-8400**
 # 360 - 522 7th St., New Westminster, B.C.

Alchemy & Elixir Health Group
320 - 1026 Davie St., Vancouver
West End Holistic Wellness Centre
604•683•2298
www.alchemyelixir.com
Consultations • Workshops • Seminars

THE Herbal Medicine Specialists of the West End. Katolen Yardley, Medical Herbalist & holistic practitioners offer consultations for chronic health issues. Tinctures, Nutrition, Acupuncture, Art Therapy, Infrared Sauna, Thai Yoga Massage, Reiki, ETF.
Thai Foot Reflexology Certification Course: APR 22 & 29. 8 CMTBC CEU's ($295).

EDGAR CAYCE CANADA
Interested in Spirituality, Personal Growth and Holistic Health? For a free catalogue of books, CDs and natural health products or for information about upcoming conferences and other events, as well as membership, contact **1-866-322-8209 or info@edgarcaycecanada.com**

Reality is nothing but a collective hunch.
– Jane Wagner

INTUITIVE ARTS

Geri De Stefano-Webre
Ph.D.
604-649-5590
PsiTherapy@gmail.com

PsiTherapy© is a unique blend of Dr. Geri's psychic and therapeutic abilities.

As an internationally- respected psychic she has been able to provide insights to thousands of clients around the world.
Dr. Geri offers a choice of concise and accurate readings to fit your needs.

"The reading I had with Geri was one of the most educating readings I have ever had... She touched on some things only I know about myself; no other psychic has ever mentioned some of those things..."
- V.C., S.F. Ca.

Private and confidential sessions provide solutions you need to create a Life you love!

Telephone readings ongoing.
Intensive Psychic Development Class
Info: www.DrPsychic.net
MC, Visa
1-877-266-7337

Granville Island Psychic Studio
Toll Free Call for a reading in: Canada, USA, Vancouver
1-888-734-3354

HOME TO VANCOUVER'S BEST PSYCHICS. Since 1996, walk-ins are welcome 7/7, 11 to 5. Ask for Chanel "the Clairvoyant other psychics consult." Across from The KEG restaurant, 1526 Duranleau St. **604-734-3354 info & map @ www.psychicstudio.ca**

If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.
– Mahatma Gandhi

INTUITIVE ARTS

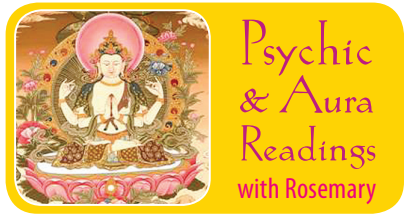
Stephanie Lafazanos BHK
Certified Medical Intuitive
Holistic Health Practitioner
www.intuneholistics.com
604-739-0069

You CAN heal! A Medical Intuitive Scan helps you to find out where your energy is blocked and how to unblock it. Flowing energy and self awareness is necessary for good health and life satisfaction. Mind-body and energy healing are available remotely or in person.
Join a free monthly healing workshop!
Please see website for details.

Are you at a crossroads in your life? Ready to find answers? • **Providing** deep reflections through channelled insights. • **Assistance** also to those with Medical/Physical ailments. • **Rooting out** the causes step by step. CranioSacral Balancing, Cellular Memory Release, Channel of "The Elder".
www.northamericanshaman.com

The secret of eternal youth is arrested development.
– Alice Roosevelt Longworth

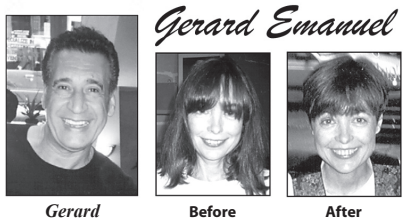
CHANNELLED READINGS BY DR. ANNE McMURTRY. ANNE'S ABILITY opens a line of communication between you and your Spiritual Guides, allowing them to speak directly to you. To inquire call Dr. Anne McMurtry at **604-734-8219, VANCOUVER.**
See ad in Health, Healing section.



Rosemary has performed readings in Canada, India, Europe and South America. For the past 10 years, she has been studying with precious teachers in Tantric Shivism, Buddhism and Kabbalah and is a Reiki Master. Vancouver based and distance readings.
778-892-7510
omshreevidya@hotmail.com

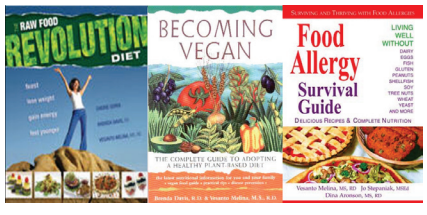
LOOKING GOOD

Remember that as a teenager you are at the last stage of your life when you will be happy to hear that the phone is for you.
– Fran Lebowitz

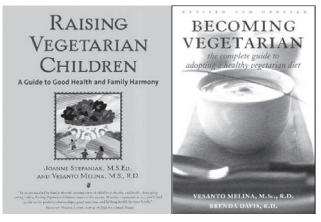


First class hair cutter.
Gerard is trained in Europe and uses Sacred Geometry by taking into consideration your lifestyle and facial shape. **2-month Hair-loss prevention treatment using Inter-Active! No peroxide and No ammonia!** Color with Enzymes. Ample Parking!
3432 W. Broadway, Kits **604-732-4240**

NUTRITION



Treat yourself to a consultation with Registered Dietitian Vesanto Melina; author of best selling books on near-vegetarian, vegetarian, vegan, and raw nutrition, and on food allergies. Address weight or health concerns, pregnancy, childhood, through senior years.



Create the diet to best serve you *and* fit your lifestyle and preferences. A personalized 2-1/4 hour consultation ($225) includes dietary analysis; recipes; menu planning; nutrition for busy people; practical, easy food tips.
Phone 604-882-6782
Visit: www.nutrispeak.com

PSYCHOLOGY, THERAPY & COUNSELLING

FREE YOURSELF
Jaminie Hilton
RCC
Masters in Counselling, Chemical Dependency Certificate

Discover your personal strength - it lies in the coping style that has gotten you this far; **shift** depression to hope. **Free** yourself from fears of unfamiliar feelings that block growth toward creativity and intimacy. **Deepen** and **enrich** your connection with others. **Create the life you deserve.**

In a safe environment, learn to value your power, and your vulnerability; change learned patterns; allow wishes, hopes, and dreams to surface.
CALL ME FOR INFO ON EMDR
• Creative/Career Blocks • Addictive Behaviours
• Trauma/Abuse: Physical, Sexual, Emotional
• Depression • Anxiety • Grief/Loss
• Relationship (from romantic to roommates)
I have 20+ years experience as a therapist with adults, adolescents, and couples. Clinical Supervision Available.
For free initial consultation or information call:
604-802-4126, VANCOUVER
www.jaminiehilton-counselling.ca

Midlife?
Feeling Purpose-less, depressed, empty?
Free video:
Awakening a passionate purpose-driven life

Are you dreaming about a life that is passionate and full, a life that is richly purpose-driven, abundant in success, joyful, and genuinely grounded in making a meaningful contribution to humanity? Everyone's dream is particular and unique. **And the Golden Threads of this Great Dream for your life are in the entanglements of your midlife symptoms.**

Michael Talbot-Kelly, BPE, MH, MA, RCC
A Registered Holistic Psychotherapist & Midlife Specialist with 25 years of experience healing the body, mind and soul.
Call Michael at 604-317-1613 to set up a FREE 15 minute phone consultation.
FREE video: 'Awakening a passionate, purpose-driven life through Ancient Stories'.

Michael Talbot Kelly's work stands second to none... through knowing Michael, I have given myself permission to have great abundance in my life.
– MK, Doctor, Vancouver, Canada

www.michaeltalbotkelly.com
michael@michaeltalbotkelly.com

What Is Possible?

Toni Pieroni, M.A.
Registered Clinical Counsellor

Freedom from the beliefs, feelings and behaviours that result in emotional pain and repetitive, reactive patterns that keep you stuck. Life's options open up as you learn to respond rather than react, resulting in:
• Healthy, intimate, satisfying relationships
• More success in work and career
• Joy, ease and pleasure in life itself
• Aliveness and authenticity
Some issues dealt with:
• Emotional, physical and sexual abuse
• Addictive and obsessional behaviour
• Relationship issues and co-dependency
• Anxiety and depression • Self-expression

About Toni Pieroni: Along with my professional training and skill, I bring over 20 years of personal development experience. I offer individual and couple therapy. For further information or for a free introductory session, phone **604-737-0168**. Or visit our web address: **www.counsellingbc.com/listings/tpieroni.**

ARE YOU READY FOR A CHANGE?

Lorraine Milardo Bennington
M.Ed. (Counselling)
Reg. Psychologist #815

You can overcome your limiting beliefs and open up to your joy!
Success Coaching
Hypnotherapy - Weight Loss/Stop Smoking, Athletic performance, Blocks to Success/Fear of failure, Age regression, Anxiety, Phobias
Couples Counselling

Lorraine Milardo Bennington, success coach, psychologist and hypnotherapist, has been practising hypnosis for over 30 years and skillfully integrates intuition and hypnotherapy into her coaching and counselling practice. Lorraine gently guides people in the process of transformation, assisting them to connect with their higher selves and to reclaim joy and personal power in their lives. Lorraine has returned to Vancouver after 10 years living, studying and working on Kauai and Maui.
604-871-4342
transformance@mac.com

PSYCHOLOGY, THERAPY & COUNSELLING

Therapy of the Whole Person
John Arnold Ph.D.
Therapist / Counselor since 1975
604.261.2788

Only by Working With the Whole Person Can You Achieve Truly Permanent and Effective Change.

If problems and issues keep popping up in your life and you are STILL STUCK, it is because you have not gotten to the root causes. Completion of any problem comes only when you have resolved your issues physically, emotionally, mentally and spiritually and the underlying reasons for repetitive patterns of behavior are uncovered and resolved. If you are fed up and want to do something radical about your predicament, give me a call **604-261-2788 or visit my web page at www.members.shaw.ca/johnarnoldphd/**

CORE BELIEF ENGINEERING
Founder, Elly Roselle
PCTIA Accredited
(604) 536-7402
www.corebelief.ca

Are you ready for real and lasting change in your life? Core Belief Engineering has been getting results since 1985 by revealing the core belief systems motivating all of our behaviours. Through a gentle dialogue with aspects of your mind, you identify and transform limiting beliefs into a life-enhancing base that supports your conscious choices.

CBE is for you:
- If you are looking for a breakthrough in your life
- If you want to free yourself of limiting patterns and compulsive behaviours
- If you want to open and strengthen your connection with your own deeper consciousness.

CBE works holistically with your mental, emotional, physical, spiritual and social beliefs and concerns.

Founder Elly Roselle offers private sessions and a PCTIA accredited certification program.

(604) 536-7402 – www.corebelief.ca

Energy Psychology
Clinical Hypnotherapy & other Therapies
Over 29 years
Nicklas Ehrlich, M.S.W., R.C.C.
FREE Initial Consultation
tel/office app. 604-990-1584

Release yourself from negative beliefs and subconscious programming at the cellular level that causes stress and sabotages your success: physically, mentally, emotionally, spiritually, relationally, financially & in your career.
Counselling – Coaching – Workshops.
2 for 1 Relaxing Re-programming CD at:
www.EhrlichAndAssociates.com

heart of undefended love

Longing for connection?
Freedom from suffering?
Open yourself to the possibility of experiencing life in a completely new way, *The Way of the Heart*™. Introductory session is free!
For appointment, call James at **250-713-7445** or email **James.Tousignant@telus.net**

"Life Between Lives"

Past Lives & Spiritual Regressions
Rifa Hodgson, CCHT
The first certified & practicing LBL therapist in Canada
1-888-606-TIME (8463)

"For those of us who have had the opportunity to actually see our immortality, a new depth of self understanding and empowerment emerges." - from "Journey of Souls" by Dr. Michael Newton, LBL Founder.
Offices: West Vancouver and Gibsons
604-741-7944
www.lifebetweenlives.ca

Light Point Coaching

Life Coaching: Nicole Koch, M.A. Certified Professional Coach, offering Hypnosis, Coaching and NLP. Complimentary 30-min. coaching session. Offering course development and courses on Human Development.
Upcoming: NLP Course & free info session.
www.lightpointcoaching.com 604-669-0005
nicole@lightpointcoaching.com.

MAHARA BRENNA
30 years
Holistic Health Educator
Registered Minister, Mediator
Master Rebirther
604.221.0787

REBIRTHING IS **STILL** THE MOST POWERFUL TOOL TO HEAL the emotional baggage of the past & to come into deeper connection with your Source, Vitality & Purpose. A 3-hour session includes: counselling, rebirthing, Psychology of Vision™ reprogramming with an infusion of Light and Spiritual Guidance. **www.maharabrenna.com**

Barbara Madani Eaton

Registered Psychologist #335
Transform Curses Into Blessings
Vancouver 604 876-4313
www.powerpsych.com

If you want to **recover** the real self, **reconnect** with your energy and creativity, **refine** skills to **realize** your goals and **reinstate** your personal power - **request** an appointment. We will transform curses into blessings using:
• EMDR • Power Therapies
• exploration of feelings and reframing beliefs
• goal setting and decision making

Alison L. Longley
Master of Clinical Hypnotherapy
"Break Free!"
604-616-6400
alison@breakthroughcare.ca
www.breakthroughcare.ca

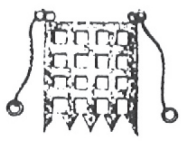
Clinical Hypnotherapy, HypnoBirthing® Prenatal Classes, PSYCH-K®, NLP™, Energy Healing. Experience a unique combination of techniques suited to your specific needs. Anxiety/panic, phobias, performance enhancement school/sports, support through cancer, ADHD, insomnia, so much more!
Specializing in women, children/teens.

Any transition serious enough to alter your definition of self will require not just small adjustments in your way of living and thinking but a full-on metamorphosis.
– Martha Beck

HYPNOTHERAPY
Jackie Maclean
Clinical Hypnotherapist
The Power Within
604-551-4986
www.thepowerwithin.ca

FREEDOM from insomnia, migraines, pain, fears/phobias, stress, anxiety, panic attacks, anger, depression, ADHD, OPD, stuttering, nail biting, **addictions**: tobacco, alcohol, cocaine, c.meth, pot, food, gambling and abuse. **Learn SELF HYPNOSIS…GAIN CONFIDENCE.**
2 locations: Vancouver & Langley.

YOUR GATEWAY TO THE PAST
Past-Life Therapy



Past-Life Therapy
Di Cherry is a Certified Clinical Hypnotherapist.
Member Canadian Hypnotherapy Assn.
www.dicherry.com
2678 W 11th Ave, Vancouver.
For information or appointments:
604-731-2646 or dicherry@telus.net

BULIMIA BREAKTHROUGH SESSIONS
Kathy Welter-Nichols
604-421-1722
kwelter@shaw.ca

IN JUST 3 DAYS, you too, can be free of this debilitating eating disorder. Overcome Bulimia and recover your life now!
Call me today for more information and to book an appointment.
www.waysofthewisewoman.com

Finding Happiness
Angèle G. Castonguay
Personal Life Coach
EFT Practitioner & Rebirther
NLP Master Practitioner
Counselling Diploma
www.happysoulcoaching.com

You wanted to follow your bliss but fear showed up. You had big plans but felt alone. With Solution Focused Coaching strategies and technologies, I will support you to reach your goal. Show up exactly as you are and stop procrastinating. Call!
Pure Light Laser Clinic
 # 606 - 777 West Broadway 604.568.8041

VEGETARIAN RESTAURANTS

Vegetarian Restaurant
菩提 菜香素食
3932 Fraser & 23rd Ave.
Vancouver
(604) 873-3848
Bodhi Choi Heung

Serving traditional **Buddhist style** vegetarian food since 1960. Come sample over 200 vegetarian dishes. Operated by **Chef Ho** formerly of **Bodai**. Open 6 days a week from 11am to 3pm and 5pm to 9pm, closed Tuesdays. Rated Best Vegetarian Restaurant in *Vancouver Magazine's* 9th Annual Restaurant Awards. Call for reservations. 604-873-3848.

T•H•E NAAM RESTAURANT
"Great Food, Anytime!"
Open **24 Hours**

The Naam Vegetarian Restaurant
For years voted "Best Vegetarian" in the *Georgia Straight* and in *Vancouver Magazine's* "Readers' Choice". Open seven days a week, 24 hours, licensed, wood fireplace, heated patio, live music at dinner.
2724 West 4th Ave. **604-738-7151.**

EAST IS EAST
EXPERIENCE THE EAST WITH YOUR TASTE BUDS
3243 West Broadway 604-734-5881
Chai Tea House Upstairs & 2nd location
4413 Main Street @ 28th 604-879-2020

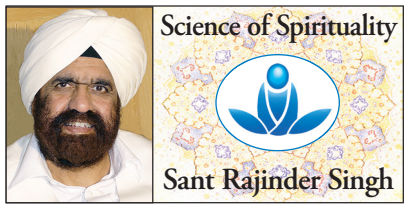
"East Is East is a place where you are encouraged to talk to your neighbours. This is definitely not the Ritz, but it certainly is Kits. From plumbers to publishers, hippies to generation whatever, this place has special appeal." - *Owen Williams, Common Ground*
Visit our new location
4413 Main Street @ 28th 879-2020

RESTAURANTS

Nirvana
Indian Cuisine
Eat in / Take out
2313 Main Street

Savour an Indian culinary experience while enveloped in the mysterious ragas of classical Indian music. Winner of *West Ender's* Silver Medal for **Best Indian Restaurant 2004-2005**. Delicious selection of vegetarian and vegan specialties. Open 7 days a week for lunch & dinner. 2313 Main St., Vancouver **604.872.8779 www.nirvanarestaurant.ca**

SPIRITUAL PRACTICES



"The Masters come again and again in every generation to help us see the un-seeable, hear the un-hearable, and touch the un-touchable."
~ Sant Rajinder Singh is a spiritual Master in the Sant Mat tradition. He enables others to experience the divine Light and Sound of God inherent within.

RICHMOND: Sundays 10 am-12 noon, Adult & separate Children's programs (vegetarian lunch following). Wednesday evenings 7-8:45 pm.
Science of Spirituality Eco-Centre
11011 Shell Rd @ Steveston Hwy.
Info: Judy 604-530-0589

VANCOUVER: Wednesdays twice monthly, 6:30-8:45 pm. Info: Linda 604-985-5840

VICTORIA: Sundays, 10 am-12 noon
Info: Jean 250-479-5731

~~All are welcome. All programs are FREE~~
www.sos.org

You have got to discover you, what you do, and trust it.
– Barbra Streisand

Aquarian Truth Centre
1217 Nanaimo St.
Vancouver
Contact:
Karen or Linda
604-258-0031
Program subject to change without notice. Right of Admission Reserved

Aquarian Foundation teachings will revitalize your philosophy about life on planet Earth and life hereafter. Come find out about "Tomorrow's Religion Here Today." God calls you now! **Worship Services: Sunday** 11 AM – Spiritual readings available. **Wednesday** 8 PM – Spiritual Healing Service.

Chant Enchantress
an evening with Snatam Kaur

by Alan di Perna

CONCERT, CHANTFEST, musical group meditation, a yoga class in melody . . . how best to describe a live performance by Snatam Kaur and her band? It's all of these things and more. Seated center stage, Snatam is an angelic presence, dressed in traditional Sikh attire, bejeweled dress, white turban and veil. She's a diminutive woman, barely five feet tall, but possessed of a voice that could wrest tears from a stone gargoyle — crystalline and radiant, redolent of the simple yet powerful truth of the heart. That voice has made her one of the top selling artists in the field of world sacred music. Amid the swelling ranks of devotional divas and mantra mamas, Snatam stands tall.

Based on traditional Sikh mantras, Snatam's divinely melodic songs are mostly of her own composing. She offers an English interpretation of these mantras— simple, heartfelt verses that express the personal meanings these sacred syllables hold for her and help the audience forge their own emotional connection. Onstage, Snatam is ably supported by two musicians/backing vocalists. Devotional music stalwart GuruGanesha Khalsa handles the guitar with effortless grace, slipping easily between chordal rhythms and mellifluous leads. Indian prodigy Ramesh Kannan anchors the beat on tablas, his long, slender fingers laying down solid yet supple rhythmic patterns with a well-placed, occasional flash of virtuostic mastery.

Snatam mainly accompanies herself on harmonium (Indian pump organ), but also plays violin and guitar. The harmonium and tablas ground the sound in Punjabi Sikh musical tradition, but the music also has a decidedly Western flavor. Snatam grew up in an American Sikh family, and her music reflects the totality of her background. One can even detect a slight country lilt as her voice soars into the upper reaches of her impressive range. GuruGanesha, for his part, is a self-confessed Deadhead, which may account for his near clairvoyant ability to goad and guide the group's inspired jamming on the music's open-ended structures. What's most remarkable about the ensemble is its fluid sense of interplay. These are players deeply attuned to one another and the energy of their audience.

Most of the band's songs are done in call-and-response kirtan mode. Snatam sings a line. The audience sings it back. This back-and-forth exchange builds an energetic momentum that can palpably fill any room.

For some, group singing ordinarily counts as cruel and unusual punishment. But when we sing with Snatam, we all sound good. The band's easygoing, informal manner breaks down inhibitions or boundaries. There are plenty of jokes and laughs. Snatam might lead the group in a round of pranayama (yogic breathing) or get everyone on their feet for a stretching exercise that soon becomes a sacred dance. By the end of the night, we're all grinning like fools. Divine fools, that is. For we've been let in on a great cosmic secret: devotional music is fun.

Snatam will be performing at the Centennial Theatre, 2300 Lonsdale Ave in Vancouver on Sunday, April 4th from 7:30 to 9:30PM. Tickets are $35 advance / $45 door. Tickets are available locally at Yoga West, 2662 W. 4th Ave. and Banyen Books, 3608 W. 4th Ave. or online at www.SpiritVoyage.com/Snatam. She will also be leading a childrens yoga program from 3:00-3:45pm, the same day as the concert, at the same location. Tickets are $10 per person.

Is Canada a mobile laggard?

INDEPENDENT MEDIA Steve Anderson

THERE IS something uniquely powerful about everyday people having access to the Internet from tiny devices in their pocket. That ubiquitous access to each other creates possibilities that are worth fighting for and saving. The mobile and wireless accessed Internet, combined with emerging open web and open data applications, has the potential to usher in a new era of connectedness, and with it, dramatic changes to social practices and institutions. If we get digital public policy right, Canada could become a leader in mobile communications, leading to empowerment, job creation and new forms of entrepreneurialism, expression and social change.

To harness this opportunity, politicians and policy makers will need to develop a digital strategy for Canada with a central focus on mobile communications and Canada's broadband infrastructure. To be successful in the long term, we'll need a "made in Canada" strategy that captures the imagination, vision and ingenuity of people from across Canada.

We're all stakeholders

To be successful, our government needs to engage citizens in this process rather than listen to lobbyists behind closed doors while parliament is prorogued. This is our future so we're all stakeholders and we all need to be invited into the process. Giving up on our capacity to meet this challenge and relying instead primarily on foreign investment schemes is not the answer. Such an approach would, at best, miss the lessons learned from the countries that are leading in broadband speed, access and cost.

Addressing Canada's "digital divides" – those based on geography (rural, remote, inner-city), ability (cognitive, physical), class, age, gender and ethnicity – is particularly difficult given the composition of the Canadian cell phone market. The market is highly concentrated with more than 95 percent belonging to Rogers Communications Inc., Bell Canada Inc. and Telus Corp. These companies operate in the most profitable wireless market in the developed world, with a profit margin of 45.9 percent or12.8 percent higher than average. Despite this extraordinary level of profitability, Canada is falling behind on usage, ranking last for cell phone users per capita – in part because these users pay the third highest rates among developed countries.

More than half the respondents in a 2009 Angus Reid public opinion poll reported that they believe Canada is one of the most expensive countries in which to use a cell phone

New policy in the public interest concerning wireless access to the Internet is perhaps the most promising opportunity to close our digital divides and spur innovation. Yet the CRTC's new media hearing in 2009 marked another occasion when the Commission had the opportunity to deal with the problem but did not. While the CRTC's ruling on new media essentially delayed and side-stepped many of the key issues raised at the hearing, its inaction also set the stage for a high profile debate over Canada's national digital strategy.

Strategy hangs in the balance

With pressure building, in June 2009 Industry Minister Tony Clement hosted a Digital Economy Conference to discuss the possibility of a national digital strategy. In 2010 and beyond, the policy-making process concerning Canada's digital strategy promises to be a crucial and highly contested space, where the decisions that are made will have a deep and long lasting impact on Canadian media and communications.

Canadians face high prices, poor service and highly constricted choice. This is a reality that most Canadians are aware of: more than half the respondents (53 percent) in a 2009 Angus Reid public opinion poll reported that they believe Canada is one of the most expensive countries in which to use a cell phone. If this public opinion can be harnessed to an intervention in the government's digital strategy policy, Canada's wireless market could take a 180º turn.

We are at a **communications crossroads in Canada.** Better media means better policies and that requires engaging *all* Canadians in the discussion. The formation of Canada's digital strategy policy provides a historic opportunity for us; once again, we can become a leader in cultural production and communications access, speed and innovation and we can close digital divides that prevent people from expressing themselves and connecting with each other.

Steve Anderson is the national coordinator for the Campaign for Democratic Media. He has written for The Tyee, Toronto Star, Epoch Times and Adbusters.
steve@democraticmedia.ca,
www.FacebookSteve.com,
www.SteveOnTwitter.com

JIBC
Centre for Counselling & Community Safety
and
Centre for Aboriginal Programs & Services

Presented in partnership with Aboriginal Health Services and Vancouver Coastal Health

Aboriginal Health Services Vancouver Community
Vancouver CoastalHealth
Promoting wellness. Ensuring care.

Journey Through Complex Trauma: Focusing, Treatment & Healing (SPE114)
Featuring Shirley Turcotte and Alannah Earl Young

Shirley Turcotte, RCC has worked with survivors of sexual abuse and post-traumatic stress disorders and childhood abuse in adults for the last two decades. She has been a pioneering activist in the areas of therapeutic treatment and program development for survivors of childhood abuse.

Alannah Earl Young, MA, is Opaskwayak Cree/Peguis Anishnabe. She is an advisor with the University of British Columbia's First Nations House of Learning in Vancouver. She is trained in complex trauma and specializes in focusing – a body centered therapy, expressive art therapies, and body mind psychotherapies.

Read full bios and articles written by Shirley Turcotte at www.jibc.ca/cccs.

Date: April 15-16, 2010 - JIBC New Westminster Campus
Time: 9:00 am – 4:30 pm
Fee: $295; Group rate, $275, (Incl. networking lunch.)
Early Bird: $275; Group Rate $255 (before March 15, 2010)

Focusing is a body-centred and person-centred approach to healing, developed two decades ago at the University of Chicago by Eugene Gendlin. The approach is particularly effective in the treatment and healing of complex trauma and post-traumatic stress disorders caused by residential school abuse, family violence, addictions, witnessing violence, death, loss and grieving, suicides, and sexual, physical and emotional abuse and neglect.

Who should attend

This two-day course is intended for counsellors, social workers, crisis teams, healers and therapists who work in/with Aboriginal and/or other cross-cultural communities.

You will learn

- to recognize/describe the impacts of complex trauma on individuals;
- about the relationship between the body and memory;
- to identify inter-generational and multi-generational trauma symptoms and the vicarious trauma experienced in families;
- about reliability of memory and "false" memory; self-injury; flashbacks, projections and re-enactments of trauma;
- how to apply what you learn to your practice in Aboriginal and/or other cross-cultural communities.

www.jibc.ca/cccs **Call 604.528.5590 or 1.877.528.5591**

Tough coming of age stories

***Fish Tank* is a spare and gritty rite of passage flick.**

FILMS WORTH WATCHING Robert Alstead

FISH TANK (out on March 12) is one of those gritty, working class, Brit flicks that makes few concessions to the demands of commercial cinema. Set in the grimy hinterlands of contemporary underclass England, it's a rite of passage drama about a bored and stroppy teenager, Mia, whose transition into adulthood begins when her mum brings a new man home to their grungy, high-rise flat.

Dialogue is spare, with characters not so much talking as spitting words at each other. There is no soundtrack to speak of, just incidental music. Even the story itself has this minimalist quality to it, with a backdrop of inhospitable, usually decaying urban settings, offset by forays into the nearby countryside, which seem alien in their lushness.

From the start, 15-year-old Mia is ready to break loose. We meet her early on head-butting a classmate. Mia is a bit of a loner, escaping the claustrophobic setting of the housing estate through boozing and listening to hip-hop on her Discman. She's always fighting with her mouthy, younger sister (non-actor Rebecca Griffiths) and single mum Joanne (Kierston Wareing), who looks young enough to be her elder sister. When mum brings home smooth talking Irishman Connor (Michael Fassbender of *Inglourious Basterds*), he starts taking a special interest in Mia, even encouraging her to enter a dance audition. Initially, Connor takes on a father figure role, driving the family to the countryside, lending Mia money, but their relationship becomes loaded with sexual tension.

Fish Tank has much in common with director Andrea Arnold's debut feature, the assured and memorable *Red Road*. Both films focus on the inner turmoil of a strong female lead and explore the themes of sexual betrayal and empowerment. *Red Road* was also set in a working class tower block estate. Both are psychodramas, creating mystery and suspense as we watch the motivations driving the main characters.

Arnold is in her element and draws a strong performance from non-actress Katie Jarvis (discovered while she was arguing with her boyfriend in a railway station), while Fassbender as Connor exudes easy warmth. The film reflects Mia's desperation and confusion, but without over-delineating the point. Arnold simply sets you down in the thick of things and lets you find your way, with visual metaphors sign-posted along the way. The camera also reflects the feral energy of the young protagonist, who is virtually always on screen. It never seems to stop moving, searching for something.

Somehow, out of the pits of despair, the film manages to come up with something real and hopeful with an ending that is beautifully understated. It's good to see that at the BAFTAs, Britain's equivalent to the Oscars, held last month, *Fish Tank* won Best British Film award (the excellent *Moon* reviewed in an earlier column won the award for Best Debut).

Oscar-nominated *A Prophet* (*Un prophète*), out on March 5, is even more claustrophobic and certainly a more tense rites of passage drama. Malik (brilliant performance by previously unknown Tahar Rahim), an illiterate 19-year-old, is condemned to six years in a prison ruled by Arab and Corsican gangs. Unable to defend himself, the half-Arab kid is commandeered inside by the Corsican gang leader to carry out "missions," including killing an Arab prisoner, or else be killed himself. As Malik toughens up, he starts playing the various factions inside to his own ends. Director Jacques Audiard's depiction of prison life is unflinchingly brutal, intense and complex. Although it's not exactly clear what the meaning is of the more visionary elements of the film, as implied in the title, this goes far beyond the clichés of the hardman, prison drama genre.

Robert Alstead made the Vancouver documentary You Never Bike Alone. *He writes at www.2020Vancouver.com*

NON-TOXIC DRYCLEANING
now steps away from
King Edward Skytrain Stn!
No perchloroethylene water-based cleaning
helpinghand CLEANERS
FOR ENVIRONMENTALLY FRIENDLY CLEANING PICK-UP CALL
604-876-5399
4050 Cambie Street @ 25th
www.helpinghandcleaners.com

Wendesday Nights
Best of Chai Live at
Vancouver's Hottest World Fusion Venue
Journey the world with your senses.
3243 West Broadway

DON'T WORRY, LITTLE FELLA...
WE'RE HERE FOR THE LONG HAUL IN HAITI, UNTIL YOUR DEMOCRACY IS SAFEGUARDED AND YOUR ECONOMY IS BACK ON TRACK!
UH...CAN I GET BACK TO YOU ON THAT?
NAOMI KLEIN
THE SHOCK DOCTRINE
THE RISE OF DISASTER CAPITALISM
OLSON

Clearmind
International Institute
- Lecture Series -
1st Wednesday each month
Next Lecture: Wed. April 7 at 7:30pm
What am I here for? Living a life that matters.
with Catherine O'Kane

LOCATION: Unity of Vancouver
5840 Oak St. (near 41st and Oak)
Call 604-513-9001 or e-mail
lectureticketes@clearmind.com
to request complimentary tickets
www.clearmind.com

BANYEN BOOKS & SOUND
our 40th year 1970–2010
3608 West 4th Ave.
604-732-7912 604-737-8858
Mon-Fri 10-9 Sat 10-8 Sun 11-7

Facing the Future
with DAVID SPANGLER
March 26-27 www.lorian.org

March Talks/Booksignings at Banyen
• Peter Fenner: *Radiant Mind* March 4
• Steven Farmer: *Animal Spirit Guides* March 11
• Natasha Rosewood: *Aaagh! I Think I'm Psychic* March 18
• Stephen Batchelor: *Confession of a Buddhist Atheist* March 24

Full events info @ banyen.com

Common Ground
Get the
BIG PICTURE

MAR 6
Women's Voices at the Table: Celebrate International Women's Day: Free event, everyone welcome. Rally: 12 Noon-1pm, Vancouver Art Gallery, North Plaza (West Georgia) Conference: 1:30-5pm, Vancouver Public Library, Alice McKay Room, 350 West Georgia. Info: 604-294-5160.

MAR 9
"A torch for Humanity" Free intro. The Brotherhood of Humanity. Tues. 7:30pm, Kitsilano Neighborhood House, 2325 W. 7th. Van. Info: 604-298-2231.

MAR 12
Indian Head Massage Weekend Course with Susan Allen. $350. Pacific Institute of Reflexology (604) 875-8818 www.pacificreflexology.com

MAR13-APR 24
Chakra Awakening: A month long celebration of Yoga, Ayurveda & wellness: Ayurveda, 2-4pm, Mar 20, the Chakra Lounge. $15; Chakra Workshop Series, 4:30-6pm, Mar 13-Apr 24, the Chakra Lounge. $25/wkshp., $159/series; Intro to meditation, 2-4pm, Mar 27, Chakra Lounge. Free. Dream Designs store locations: Commercial Drive, 604-254-5012, Lynn Valley Village, 604-929-3318, Marine Dr., West Van, 604-922-8325.

MAR 14
J.Krishnamurti-Discussion with Students. DVD Dialogue Series: Tape 1 of 4. 3PM. Planetarium. $5. 604-734-7774.

MAR 14-APR 25
Series of 6 Qigong Workshops by the Canadian Qigong Research Society. SPEC Building, Kitsilano. 7-8:30 pm. $60 total. Info: 604-312-8746.

MAR 20
Wolfsong Chanting Circle – Spring Equinox Celebration: Sat. 7-10pm. Participate singing sacred healing chants from the Spirit of the Land. At Vancouver Multi-Cultural Society, 1254 W. 7th. By donation. Earthsong Healing Circles. 604.418.9636. www.shamanichealing.info

MAR 20-21
Two Day Clinical Hypnosis Training- Add hypnosis to your therapeutic skills or Dental, Medical & Psychological Practices. Registration Now Open: www.hypnosis.bc.ca

MAR 23
Animal Wisdom: "Love Never Dies:" Guidance from the animals. Shiri Joshua, M.A, Psychotherapist, 'animal whisperer.' 7-9pm, Unity of Vancouver. www.HumanAnimalHealing.com

MAR 26
Introduction to Hand Reflexology commences Certificate Weekend Training Course. Introduction 7.30 pm, $10; Course $350. Pacific Institute of Reflexology www.pacificreflexology.com (604) 875-8818

MAR 27
Past Life Exploration: Free Talk 1PM; Workshop 2PM. Experience a journey into YOUR PAST to understand /heal your PRESENT. 1718 Marine Drive, $75. Registration: www.lifebetweenlives.ca

MAR 29
Meditation for Planetary Peace on the Full Moon, Monday March 29th at 7:30 PM. 2950 Laurel St, Vancouver. www.pranichealing.ca/vancouver.htm

APRIL 2-5
Easter Celebration Retreat: Connect to the stillness and peace of this beautiful time of year during our silent retreat at the Self Realization Meditation Healing Centre, Sunshine Coast. www.selfrealizationcentrecanada.com 1-604-740-0898.

APR 4
Snatam Kaur Sacred Chant Concert with Guru Ganesha Singh, Centennial Theatre, 2300 Lonsdale Ave., Vancouver 7:30- 9:30pm. Tickets $35/advance, $45/door. Tickets available at Yoga West, 2662 W. 4th Ave. & Banyen Books, 3608 W. 4th Ave. or online at www.SpiritVoyage.com/Snatam Snatam also leads a children's yoga program, 3:00-3:45pm, same day as concert, same location. Tickets $10.

APR 17-18
'Essene Principles for Today's Society' - Six-day program integrating Essene ethics today and

Bill Vander Zalm's
HST Freedom 50
Volunteer Canvasser Drive

Fight HST has received approval from Elections BC
for a Citizen Initiative Petition to repeal the HST.

The petition drive begins April 6 and concludes July 5.

We need to collect the signatures of 10% of registered voters in every Constituency. (Approximately 4,500 voters per constituency). 50 volunteer canvassers in each riding means only 100 signatures per canvasser to stop the HST – Fight HST Freedom 50!

We have over 1,700 volunteers already, but we need to triple that to guarantee success!

Please volunteer to canvass at: fightHST.com
Donations can be made on-line, or send cheques by mail.

Authorized by Bill Vander Zalm, Financial Agent
c/o Fight HST, 370 East Broadway
P.O. Box 95023, Vancouver, BC V5T 4T8

FOR MORE INFORMATION CONTACT: info@fightHST.com

"Working together we can defeat the HST and take back our democracy."
– former BC Premier, Bill Vander Zalm

HUCKLEBERRY BABY SHOP
Gentle Choices for Eco-Friendly Families
Nanaimo's Cloth Diaper, Baby Carrier & Natural Parenting Resource
www.huckleberrybabyshop.com

New Location!
12A -4376 Boban Drive
Nanaimo, BC

Contact Cristi at:
250-585-5552
info@huckleberrybabyshop.com

Visit our on-site
Public Student Clinic
60 minute massage
$38
Book today
604-681-4450
Become a Registered Massage Therapist
Attend an introductory weekend Workshop
FACULTY OF MASSAGE THERAPY
UTOPIA ACADEMY
220 – 181 Keefer Place
Steps from Stadium Sky Train above T&T Market
utopiaacademy.com

Pranic Healing
the science and art of subtle energy
events
Meditation for Planetary Peace
Monday, March 29th, 7:30 PM
2950 Laurel St. (at 14th), Vancouver

Pranic Healing Clinics in Vancouver
St. George's, 2950 Laurel St. (at 14th)
Tuesdays*: 10 AM - 1:30 PM & 6 - 9 PM
Open March 9th , 16th & 23rd

The Meditation for Planetary Peace is held at the beginning of each clinic.
*Last healing begins half-hour before closing

Keep In Touch
www.pranichealing.ca/vancouver.htm

WAKE UP...
Discover the hidden meaning of your dreams!
DARE TO DREAM
Life Works brings Dream Workshops to Vancouver!
April 10th & May 1st
Register now at
www.lifeworksds.com
or call 778-989-6013

Classified

continuing June/Nov. (Discount before March 10). 604.942.2842, www.reflectionsbooks.ca

SUNDAYS

Centre for Spiritual Living: Join us every Sunday @ 11 AM for spiritual teachings and great music at 1495 West 8th Ave, Vancouver. Info: 604-321-1225, www.cslvancouver.com

Sivananda Yoga Vedanta Centre: Every Sunday. Yoga 4:15-5:45pm. Meditation and Kirtan 6:00-7:15pm. 4531 Main Street, Vancouver. Donation (suggested $10). www.sivanandavancouver.com

SOS (Science of Spirituality): See Resource Directory listing in Spiritual Practices for schedule in Richmond, Vancouver & Victoria. 604-277-1247. All Welcome. www.sos.org

TUESDAYS

Reflexology Student Clinic 6–10pm. One-hour sessions $20. By appointment only. Pacific Institute of Reflexology (604) 875-8818. www.pacificreflexology.com

WEDNESDAYS

Align yourself with the positive energies of the universe. Every Wednesday 7pm, YWCA, Room 411, 535 Hornby St. 604-317-2747 www.santmat.net Always Free.

FRIDAYS

"Destiny Dialogues" Free Talks First Friday of each month, experiential evening that explores the inter-connections between destiny and suffering, relationships, vocations, joy, teachers, character, nature, family, dreams. 7-9pm. 604-317-1613.

Give Peace a Chant! Energize yourself with yoga of KIRTAN, Sanskrit call & response yoga chanting, Vedic mantra meditation and Patanjali's Yoga Sutras. Friendly community setting. No experience necessary. New schedule: EVERY FRIDAY @ 7:45pm, $10-$20 donation, 2111 W. 16th Ave @ Arbutus, www.givepeaceachant.org

ONGOING

Heal From Depression/Anxiety: H.R. Mental Wellness Centre (www.mentalwellnessbc.ca) offers Holistic approach to healing. Support groups and coaching. For free consultation: call Dr. Rayes at 604-630-6865.

Unitarian kids believe in their ability and responsibility to make a difference in the world. Programs for kids 3 years and up, 370 Mathers St., West Vancouver, 604-926-1621, www.nsuc.ca.

CLASSES

MASSAGE CLASSES: Thai Massage & Fusion Works (includes Hot-Stones, Balinese, Thai & more!) r.m.t.s receive 24 ceu's. www.academyofmassage.ca 1-866-537-1219.

EDUCATION

VANCOUVER COLLEGE OF REIKI SCIENCES. Training, Support. Intensives, Individual, Distant. Reiki I $175, Practitioner $275, Advanced $395, Master $795. Aura Surgery, Chakra & Crystal Training. Manuals/ Diploma. Pain & Stress Management Sessions. Call for personal treatments. Registered Teacher CRA. www.foundationoflightinternational.ca (604)739-0042.

EMPLOYMENT

PROFESSIONAL SALES REP. WANTED for Natural Body Care Company. Products currently available in major health food stores, Lower Mainland, B.C. Straight commission only. 1-800-726-4155, newcoteatree@telus.net

EMPLOYMENT WANTED

ENTHUSIASTIC, ENERGETIC, environmentally conscious, seeking employment as a team player to be involved in helping our planet. Kaayla: 778-593-7745.

HEALTH TECHNOLOGY

ZERO-POINT ENERGY NOW IN VANCOUVER! Chronic pain? Tap into your body's remarkable ability to heal itself with Source energy. Free demo, everyone welcome. Simply a "must-experience." Josh: 604-762-4347.

HERBAL MEDICINE

CHANCHAL CABRERA MSc, MNIMH, Medical Herbalist/Clinical Aromatherapist/Horticulture Therapist. 21 years of clinical practice. Now accepting new clients at Finlandia Pharmacy. Call 604-838-4372.

MASSAGE

DEEP TISSUE MASSAGE THERAPY and Reflexology - Healing and Invigorative! Cell 604-897-7310 Tatyana, Vancouver.

MEDITATION

SILENT MEDITATION TO THE SOUND OF OM. Every second and fourth Friday of the month 7:30-8:30PM. Vancouver Sai Baba Centre, 1659 East 10th Avenue. (1/2 block west of Commercial Drive.) Everyone welcome. Free. No donations.

PAST LIFE REGRESSION THERAPY

EXPLORE YOUR PAST LIVES for healing & transformation. Original Guardian Angel Sculpture. Lisa Walsh C.H.T. Victoria, B.C. (250) 598-7530. www.lisawalshsculptures.com

RETREATS

SPA FOR THE SOUL! Queenswood Retreat Centre, Victoria. Individual or group retreats. Counseling, spirituality library, trails, bodywork, pool. www.queenswoodcentre.com, 250-477-3822.

ROOMS FOR RENT

CENTRAL SEMINAR ROOM/OFFICE: Cosy, carpeted room, seats 40. Available 24 hours, seven days/ week. Natural/dimmer lighting, parking, beverage facilities, good energies. 535 West 10th avenue (at Cambie) (604) 875-8818.

MOST BEAUTIFUL SEMINAR ROOM IN THE WORLD. Lectures, workshops, meditation, retreats. 50 people. Very quiet, peaceful. Fully carpeted. Colours chosen by colour therapist. Full spectrum lighting. Full kitchen. Piano, sound system. Patio, summer flower, side yard. Centrally located, 23rd and Oak area, Vancouver, BC. Free parking, Gerald (604) 264-0714.

OFFICE FOR RENT NEAR CAMBIE AND 5TH Avenue. Great room for consultation, planning, coaching and therapy. Seminar Room Available for classes. 604-879-5600 ext 26.

SERENE STUDIO AND TREATMENT ROOM for rent. Ideal for workshops and mind/body therapies. Central location, free parking, reasonable rates. www.dreamdesigns.ca/chakra

SKIN DISEASE TREATMENT

DR. ANDY ZHOU, PHD, expert diagnosis and treatment, 604-736-6060, drandyzhou@gmail.com, www.TCMdermatologist.com (See ad in Resource Directory, Health & Healing.)

TAROT

NEW: THE SPIRITUAL STUDY OF THE TAROT including the Kaballah, astrology, numerology and tarot. A comprehensive course. Vancouver Tarot Training Institute: Spiritual theory, practical training/supervised practice. Learn to empower clients. P/T or F/T career (certificate provided). Pain & Stress Management Sessions. Classes/ individuals/correspondence/intuitive readings by phone or in person. 604-739-0042. www. foundationoflightinternational.ca

Use our shea butter products on dry skin, dry hair, itchy scalp, eczema, wrinkles, stretch marks & arthritis. Every purchase helps rural villagers in West Africa, Senegal and Guinea. Available at: Choices Markets, Finlandia, Genesis, Alive Health Centres, Planet Organic, Abantu, Banyen Books, Nature's Prime and many more... www.africanfairtradesociety.com

Change your habits
Change your life!
Check out our NATURAL SOLUTIONS to REVERSE your PAIN, WEIGHT, MALADIES, DISEASES and STRESS !
PROVEN RESULTS
Your ULTIMATE CELLULAR REJUVENATION using 3 ULTIMATE tools more beneficial than all others:
- SOLARUS Infrared Sauna with the CRYSTAL Emitters
- Ionized Alkaline Water
- CP Ultimate Nutrition

See for yourself ~ Take our 2 WEEK CHALLENGE for just $195 (it is SO worth the drive)
FREE SAUNA SESSION
CALL NOW
Ultimate Products for Life
(604) 541-6111
1345 Johnston Road (152nd)
White Rock
www.UltimateProductsForLife.com

Green your footprint
Protect your health
Save $$$
Homes/Small Biz
- improve indoor air
- reduce waste
- conserve natural resources
- access local, green business

ECO-audit.ca
604.417.2764
home of the Baby-audit

Prana timber frames
"100 mile homes"
BC designed and built
Local woodlots
Family forestry
No clear-cuts
Sacred structures ~ Healing spaces
Straw bale ~ Light-clay ~ Custom cabinets
Bioregionalism ~ Old growth forestry ~ Workshops
250-449-2232 michaelhollihn@gmail.com
www.pranatimberframes.com

Spring Festival of Awareness
32nd annual
Naramata Centre
BC, near Penticton
April 23-25
A Healing Oasis
A Festival Store
Networking
Over 50 Workshops
www.issuesmagazine.net

Energy Psychology
powerful, simple, life-enhancing training with
Kristina Sisu NC DSW
ENERGY WORK TO CONNECT YOU TO YOUR SOURCE
EP combines psychology and acupressure to release negative patterns/beliefs. Learn highly effective strategies to balance mind/ body/spirit. Levels 1-3 for practitioners or for self-enhancement.
Level 1 begins March 13 in Richmond
Reg/info: kristinasisu@gmail.com
604-603-5504

...Tolle from p. 15

of detachment from my mind, I laughed out loud. It may have sounded insane, but it was the laughter of sanity, the laughter of the big-bellied Buddha. "Life isn't as serious as my mind makes it out to be." That's what the laughter seemed to be saying. But it was only a glimpse, very quickly to be forgotten. I would spend the next three years in anxiety and depression, completely identified with my mind. I had to get close to suicide before awareness returned and then it was much more than a glimpse. I became free of compulsive thinking and of the false, mind-made I.

The above incident not only gave me a first glimpse of awareness, but it also planted the first doubt as to the absolute validity of the human intellect. A few months later, something tragic happened that made my doubt grow. On a Monday morning, we arrived for a lecture to be given by a professor whose mind I admired greatly, only to be told that sadly he had committed suicide sometime during the weekend by shooting himself. I was stunned. He was a highly respected teacher and seemed to have all the answers. However, I could as yet see no alternative to the cultivation of thought. I didn't realize yet that thinking is only a tiny aspect of the consciousness that we are, nor did I know anything about the ego, let alone being able to detect it within myself.

Excerpted from A New Earth: Awakening to Your Life's Purpose *by Eckhart Tolle. Reprinted by arrangement with Dutton, a member of Penguin Group (USA), Inc. Copyright © Eckhart Tolle, 2005.*

...Olson from p. 17

era sci-fi writers got it wrong. Is a super intelligence emerging on the Web, rather than a supercomputer?

The marketers may have a tiger by its tail. Every day, netizens vote freely on where we want to go on the Web and this electronic traffic may be creating something with its own agenda. Endless consuming does not bode well for the planet, but a massively distributed electronic intelligence, if it ever developed some form of sentience, would have some vague sense of self-preservation.

Not that it's likely a bank of servers in Redmond and beyond will ever get rid of the Web's human creators, launching a war in some *Terminator* "Skynet" type scenario. It's just that we may find our collective behaviour shifted by a cultural entity that is more than the sum of its parts, something that is both "us" and "not-us." In any case, our current way of relating to the world – in environment-trashing corporate monopolies, fiat currency and resource wars – is not a good, long-term gamble. Neither is traditional media, which is completely dependent on, and limited by, a declining model of twentieth-century consumer marketing and advertising.

The Internet may not have lived up to the dreams of the mid-nineties techno-utopians, but it is still the greatest force for the dissemination of uncensored information in history. That truth telling impulse may now be deeply burrowed into the "networked redundancy" of the beast, with mirror-sites and filesharing. Not that anyone can count out the corporate mass persuaders and political mind controllers – they have a big stake in taming the beast. The powers that bore have already sunk a lot of money and manpower into social networking sites, blogs and viral marketing, to ensure their profit-making remains uncompromised, and that consumers of infotainment are stupefied, if not stupid.

The mongoose and snake dynamic is still at work, with marketers trying desperately to engage an audience with steadily diminishing attention spans, through viral marketing and other new twists. With every click, websurfers leave a trail of cyber-breadcrumbs behind them. All their preferences, interests and purchasing patterns are monitored online and directed to marketing databases. As we voluntarily supply the most personal details of our lives on social networking sites like Facebook, we might as well be handing MRI scans of our brains to marketers who now have the opportunity to target us on a much more personalized, refined basis than ever before.

The Internet is not likely to turn into television – a laterally distributed communication system has an entirely different structure than a vertically integrated corporation – but it could still go in a Huxleyan rather than Orwellian direction and become the greatest source of distraction, delusion and divisiveness ever created. There is still the possibility it will live up to Plato's parable of the cave, where prisoners chained behind a fire watch shadows cast on the cave walls, mistaking spectacle for reality.

If we really are building a global brain, is it more likely to have the mind of St. Francis, or Bernie Madoff? Einstein or Forrest Gump? Or will it fracture into multiple personalities? Whichever scenario presents itself, hopefully, the small altruistic acts of many global citizens, online and off, can and will have a tipping point effect on history's outcome. As the late historian Howard Zinn once observed, "The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvellous victory." That's something well to remember on the next Buy Nothing Day.

www.geoffolson.com

On Track Zodiac

MARCH 2010 Adrien Dilon

ARIES (Mar 21 – Apr 19)
You have a nice flow deriving from good astrological aspects now. The ability to follow through on any outstanding conflicts, while resolving past grievances, feeds your soul. You're a smooth operator without being sly or indirect. Communications are clear and you like it that way.

TAURUS (Apr 20 – May 21)
Some stark realizations will have you checking in regarding how things need to change for your well-being. You might also discover that you are less demanding or controlling of your environment and your day-to-day reactions. For you, convenience is direct and simple and that is what you choose.

GEMINI (May 22 – Jun 20)
Your confidence will be riding high, but, by the same token, you may be accused of arrogant displays. Others may try to knock you off your perceived pedestal. The thing is you just know what you want. Stand and deliver.

CANCER (Jun 21 – Jul 22)
Every corner of life is fulfilled by beauty when you look for it. You can trust your instincts, as magic is presenting itself in less mysterious ways. You will discover more of what you have dreamed of becoming; it is now a reality unveiled.

LEO (Jul 23 – Aug 22)
You might feel personally jammed or unable to carry out the plans that may plague your mind. The required timing arrives when you least expect it. You simply might not go in the direction you had intended. Stay open and flexible as other directions present new paths and a door will usher you in.

VIRGO (Aug 23 – Sep 22)
While staying open to different points of view, you can meld and fuse your independence with good counsel. Using discriminating wisdom, you might find other people's advice useful. You are the crafter or the cook and it's up to you how this mosaic of life bends to your script.

LIBRA (Sep 23 – Oct 22)
You have been feeling such a shift in your perception these past few months and now things are flowing effortlessly. Comments from others communicate that you have recently changed for the better. Grace and solidity partner your every move.

SCORPIO (Oct 23 – Nov 21)
To get your motor running, you may have to step out on the highway, looking for adventure and whatever comes your way. There's no time to procrastinate so strike while the iron is hot. The world is your oyster and you can get much accomplished.

SAGITTARIUS (Nov 22 - Dec 21)
You could be walking with direction and purpose, perhaps aggressively pounding with your feet, as you want everything to go your way. At this time, however, it might be wise to pull in the reins and exercise a bit of self-restraint. Your pride could lead you into areas of excess. Hindsight is 20-20.

CAPRICORN (Dec 22 - Jan 19)
You may feel restless or not quite comfortable in your own skin. The trick is not to turn any negativity towards yourself. If things are too confusing, try to ride it out. This is a short phase so stay low-key. Less is more.

AQUARIUS (Jan 20 – Feb 19)
Kick back and weigh all decisions carefully. The requirement is to remain unfettered by delays that you feel are unnecessary. Stay light over this time of transition. How does a short trip sound right about now?

PISCES (Feb 20 – Mar 20)
You will be feeling 'in your element' as a preponderance of planets will be shifting into Pisces and others continue to stay the course of the Neptunian vibration. You could also meet a soul connection love interest or be bedazzled by Cupid's bow. Lady luck blows you many kisses.

Adrien Dilon is a clairvoyant consultant and author with 35 years experience in astrology, multi-media art and healing, adrien.dilon@gmail.com.

Actual laboratory at New Roots Herbal

240 hours of testing and research every week
Our full-time laboratory is staffed with 1 PhD, 3 MSc and 2 BSc

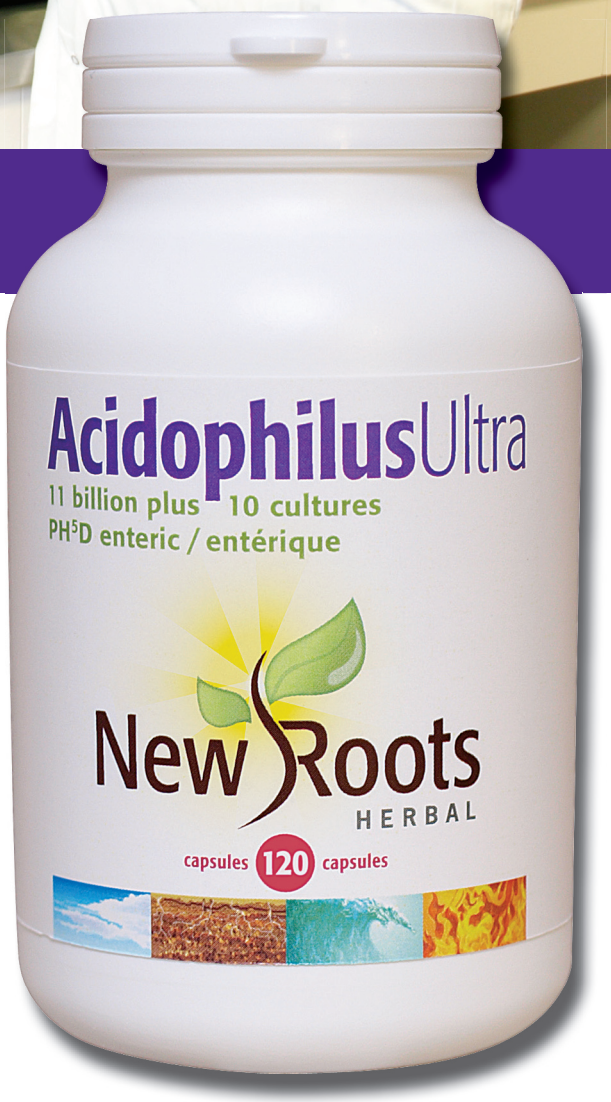
Our Acidophilus Ultra simply delivers. And we've got the science to back it up.

Why are we so confident in our products?

Whether its High-Performance Liquid Chromatography, Near-Infrared Spectroscopy or Gas Chromatography/Mass Spectrometry, our pharmaceutical compliant laboratory takes advantage of the most cutting edge technology available.

Why choose ACIDOPHILUS ULTRA

- Boosts your immunity
- Cleans, protects, aids in protein digestion, stimulates and fortifies the immune system and completely replenishes your gastrointestinal system
- Contains 10 special complementary probiotics / 11 billion per capsule
- Each probiotic culture administers a special benefit, each at a unique site along the intestines
- Can be taken before, with or after meals. The special PH^{5}D enteric coating will only open in your small intestine



newrootsherbal.com
Prevention & Cure

GENUINE HEALTH | *it shows*

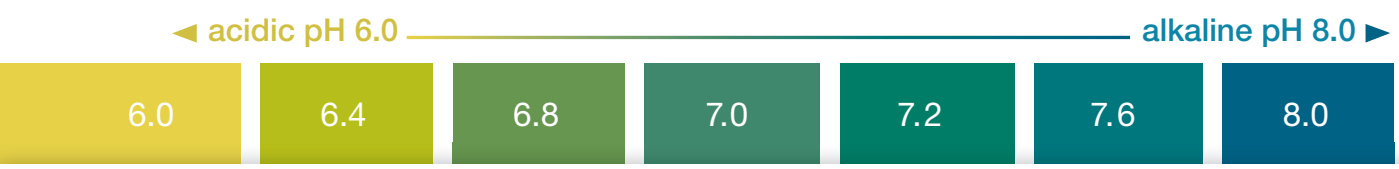
Show us your pH

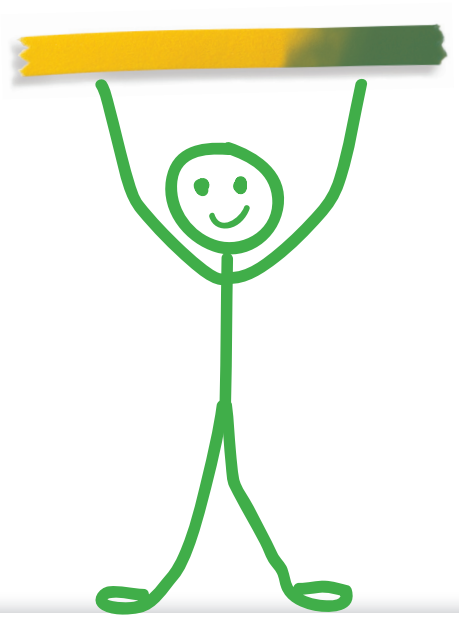
And we'll show you what it says about your energy and overall health.

For optimal health, our bodies need to be in proper acid/alkaline (pH) balance. According to leading research, most of us are in a state of acidosis, putting us at greater risk for everything from premature aging to osteoporosis to weight gain to greater internal toxin build-up. The good news is that achieving a balanced pH and feeling your best, is as easy as taking just 1 serving of **greens+** everyday. **greens+**, with its 23 all-natural ingredients, is the only Superfood that's research-proven* to increase your alkalinity for a balanced pH and more!

To check your pH, visit genuinehealth.com or visit your favourite natural health product store for a free greens+ pH test kit.

Feel the difference in 21 days.





* Berardi JB, Logan AC, Rao V. Plant-based dietary supplement increases urinary pH. Journal of the International Society of Sports Nutrition 2008 Nov 6;5:20-7

For increased energy and vitality | **genuinehealth.com**